

L. 26.93
Choice Manuall,

OR

RARE and SELECT

SECRETS

IN Kk. 634

PHYSICK

AND

CHYRURGERY:

Collected, and practised
by the Right Honourable, the
Countesse of Kent, late
deceased.

Whereto are added sever-
al Experiments of the Virtues
of Gascon powder, and *Lapis con-
stra Tumorum*, by a Professor
of Physick.

As also most Exquisite waies
of Preserving, Conserving,
Candying, &c.

The Fourth EDITION.

LONDON,

Printed by G. D. and are to be
sold by W. Iam Shears, at the Sign
of the Bible in St. Pauls
Churchyard, 1654.



81.01



To the Vertuous and most
Noble Lady, *Latitia Popham,*
Wife of the Honora-
ble and truely Valiant
Colonel *Alexander*
Popham.

Thrice Noble and truely
Vertuous Lady.

After mature deliberation, &
what is tender unto your ac-
ceptance worthy your Patron-
age, nothing occurred more probable,
than this small Mannall; which was
once esteemed a rich Cabinet of know-
ledge, by a person truely Honourable.
May it auspiciously procure but your
Honours like friendly Estimation, and
then I doubt not, but it will find a uni-
versal acceptance amongst persons of
greatest Eminency. Sure I am, it
may be justly deemed as a rich maga-
zine of experience, having long since
A 3 taught

The Epistle Dedicatory.

*taught the world its approved excellen-
cy, yea, even in many dangerous exi-
gencies. All I humbly crave for the
present is my bolnesse might be favo-
rably excused, since 'twas my lawfull
ambition, thereby to avoide ingratitude
for the many singular favours I have
already received from your enleaved
truely Honourable Husband, my al-
ways true noble friend, and most happy
Countryman. God multiplie his bles-
sings upon all your noble Family, and
make you no lesse honourable here on
Earth, than Eternally happy here after:
which shall be the daily prayer of him,
whose highest Emulation is*

In all due ways

abundantly to Ho-

nour and Serve you.

W. F.

T O

TO THE READER.

Courteous Reader.

WELL remembring that we are all born for the weal-publike good: I here tender to thy perusall this small, and yet most Excellent Treatise, Entituled, *A choice Manual of Rare and Select Secrets in Physick*: If thereby thou suck abundance of Profit, I shall be superlatively glad, but if any, or perchance many unlooked for mistakes, for want of a due application, bid thee entertain contrary thoughts, the effect not answering thy curious expectation, upon a more serious reflex, know, that nothing is absolutely perfect, and withall, that the richest and most soveraign Antidote may be often misapplied: wherefore the fault not being mine, excuse & cease to censure: For which just, & but reasonable favour, thou shalt deservedly oblige me,

Thine. W. Jar.



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A
Choice Manual,
 OR
 RARE and SELECT
 SECRETS
 IN
 PHYSICK,

By the right Honourable
 the Countesse of KENT.

*A very good medicine for a Consump-
 tion and Cough of the Lungs.*



Take a pound of the best Ho-
 ney as you can get, and dis-
 solve it in a Pipkin, then take
 it off the fire, and put in two penni-
 worth of flower of brimstone, and

two

2 *A Choice Manual, or,*

two penniworth of powder of Elecampana, and two penniworth of the flower of Liquorice, and two penniworth of red Rose-water, and so stirre them together, till they be all compounded together, and put it into a gallie pot, and when you use it, take a liquorice stick beaten at one end, and take up with it as much almost as half a Wallnut, at night when you go to bed, & in the mornings fasting, or at any time in the night when you are troubled with the Cough, and so let it melt down in your mouth by degrees,

Sr. John Digbies Medicine for the stone in the Kidnies.

Take a pound of the finest Honey, and take seven quarts of Conduit water, set them on the fire, and when it is ready to seeth, scum it, and still as the froth doth rise, scum it and put in twenty whole Cloves, and let them seeth softly for the space of half an hour, and so bottle it up for your use, and drink it morning
and

Rare Secrets in Physick. 3

and evening, & at your meat, & use no other drink untill you are well.

A Medicine for the falling sicknesse.

Take a pennie weight of the powder of gold, six penny weight of Pearl, six penny weight of Amber, six penny weight of Corall, eight grains of Bezu, half an ounce of Pionie seeds: also you must put some powder of a dead mans scull the which has been an Anatomie, for a woman, and the powder of a woman for a man, compound all these together, and take as much of the powder of all these as will lie upon your tongue, for nine mornings together in Endive water, and drink a good draught of Endive water after it.

For Cordials and Restoratives use these things following.

In any faintnes take three drops of oyle of Cinnamon, mixed with a spoon full of Sirrup of Gilliflowres, and as much Cinnamon water, drink this for a Cordiall.

Against

4 *A Choice Manual, or,
Against Melancholy.*

Take one spoonful of Gilliflow-
ers, the weight of seven barley cor-
es of Bever stone, bruise it as fine as
flower, and so put it into two spoon-
fuls of Sirupe of Gilliflowes, and
take it four hours after supper, or
else four hours after dinner, this will
cheer the heart.

If you be sick after meat, use this.

Take of the best green Ginger is
preserved in Sirupe, shred it in small
pieces, put it into a gallie pot, & put
Cinnamon water to it, then after
dinner or supper eat the quantity of
two nutmegs upon a knifes point.

Aqua Mirabilis.

Take three pints of white wine,
one pint of *Aqua vita*, one pint of
juice of Salendine, one drachm of
Cardamer, a drachm of Mellilot
poures, Cubbs a drachm, of Ga-
lingal, Nutmeg, Mace, Ginger, and
Cloves, of each a drachm, mingle all
these together over night, the next
morning let them a stilling in a
glass Limbeck.

The

Rare! Secrets in Physick. 3

The Vertues.

This water dissolveth swelling of the Lungs, and being perished doth help and comfort them, it suffereth not the blood to putrifie, he shall not need to be let blood that useth this water, it suffereth not the heart-burning, nor Melancholy or Flegm to have dominion, it expelleth urine, and profiteth the stomack, it preserveth a good colour, the visage, memory, and youth, it destroyeth the Palsie.

Take some three spoonfuls of it once or twice a week or oftner, morning and evening, first and last.

Another way to make Aqua Mirabilis.

Take Galingal, Cloves, Quibs, Ginger, Mellilip, Cardamomie, Mace, Nutmegs, of each a drachm, and of the juyce of Salandane half a pint, adding the juyce of Mints and Balm of each half a pint more, and mingle all the said spices being beaten into a powder with the juice,

6 *A Choice Mannall, or,*

juice, and with a pint of good *Aqua vita* and three pints of good white wine, and put all these together into a pot, and let it stand all night being close stopt, and in the morning still it with a soft fire as can be, the still being close pasted, and a cold still.

A Medicine for the Stone in the Kidnies.

Take a good handfull of Pellitory of the wall, a handfull of Mead Parsley, or saxifrage, a handfull of wild Thyme, a handfull of garden Parsley, three spoonfulls of Fennel seeds, six Horse Raddish roots sliced, then shred all these together, and put them in a gallon of new milk, and let them stand and steep in a close pot one whole night, and then still them milk and all together, this must be done in *May* or *June*, for then hearbs are in their best state, and when it is taken, you must put to two or three spoonfulls of this water, as much white Wine as
Remish.

Rare Secrets in Physick. 7

Renish, and if you please a little Sugar, and so take it two dayes before the change, and two dayes after, and two dayes before the full, and two dayes after, continuing taking the same all the year, and the patient undoubtedly shall find great ease, and void many stones, and much gravel, with little pain.

To make Horse-Raddish drink.

Take half a pound of Horse-Raddish, then wash and scrape them very clean, and slice them very thin cross wayes on the root, then put them into six quarts of small Ale, such as is ready for drinking, which being put into a pipkin close covered set on the embers, keeping it little more than bloud-warm for twelve houres, then take it off the fire, and let it stand to cool untill the next morning, then pour the clear liquor into bottles, and keep it for your use, drinking a good draught thereof In the morning, fasting two houres after, and the like quantity at four in the after-

noon,

noon,

8 *A Choice Manual, or,*

noon, this drink is excellent good
against winds, as also for the scour-
ing and drop sic, being taken in time

*An excellent Sirrup against Melan-
choly.*

Take four quarts of the juyce of
Peermaines, and twice as much of
the juyce of Buglosse, and Berrage,
if they be to be gotten, a drachm of
the best English Saffron, bruise it,
and put it into the juyce, then take
two drachms of *Kermes* small beaten
to powder, mix it also with the juice,
so being mixt, put them into an
earthen vessell, covered or stopp'd
fourty eight houres, then strain it,
and allow a pound of Sugar to every
quart of juyce, and so boil it to the
ordinary height of a sirupe; after it
is boyled, take one drachm of the spi-
ces of Diamber, and two drachms
of the spices of *Diamargariton frigi-
dum*, and so sew the same slenderly
in a linnen bag, that you may put
the same easily into the bottle of si-
rup.

Rare Secrets in Physick 9

rupe, and so let it hang with a thread
out at the mouth of the bottle; the
spices must be put into the sirupe in
the bag, so soon as the sirupe is off
the fire, whilst it is hot, then after-
wards put it into the bottle, and
there let it hang: put but a spoonful
or two of Honey amongst it whilst
it is boiling, and it will make the
scum rise, and the sirupe very clear.

You must adde to it the quantity
of a quarter of a pint of the juyce of
Balm.

An excellent Receipt for the Plague.

Take one pound of green Wal-
nuts, half an ounce of Saffron, and
half an ounce of London Triacle,
beaten together in a mortar, and
with a little *Carduus*, or some such
water, vapour it over the fire, till it
come to an Electuary: keep this in a
pot, and take as much as a Walnut,
it is good to cure a Feaver, Plague,
and any infection.

10 *A Choise Manual, or,
An excellent Cordiall.*

Take the floures of Marigolds, and lay them in small spirit of Wine, when the tincture is fully taken out, pour it off from the floures, and vapour it away till it come to a consistence as thick as an Electuary.

For a bruise or Stitch under the Ribs.

Take five or six handfuls of Cabbage, stamp it, and strain it, after it is boiled in a quart of fair water, then sweeten it with Sugar, and drink of it a wine glass in the morning, and at four in the afternoon, for five or six dayes together, then take a Cabbage leat, and between two dishes stew it, being wet first in Canary wine, and that lay hot to your side evenings and mornings.

*An excellent Receipt for an Itch, or
any foul Scabs.*

Take Fox-gloves, and boil a handfull of them in posset drink, and drink

Rare Secrets in Physick. II

drink of it a draught at night, and in the morning, then boil a good quantity of the Fox-gloves in fair running water, and annoint the places that are sore with the water.

A Receipt good for the Liver.

Take Turpentine, slice it thin, and lay it on a Silver or Purflane plate, twice or thrice in the Oven with the bread till it be dry, and so make it into powder, every day take as much as will lie on a sixpence in an Egg.

For Flegm, and stopping in the throat and stomack. D. T.

Take oil of Almonds, Linseed oil, buds of Orange floures, boil all these in Milk, and annoint the stomack well with it, and lay a scletar cloth next to it.

For an extreame cold and a cough.

Take of Hysop water six ounces, of red Poppy-water four ounces, six Dates, ten Figs, and slice them small, a handfull of Raisins of the Sun, the weight of a shilling of the
B 3 powder

12 *A Choice Mannal, or,*

pouder of Liquorice, put these into the aforesaid waters, and let them stand five or six houres, upon warm embers, close covered, and not boil, then strain forth the water, and put into it as much sugar of Roses as will sweeten it, drink of this in the morning, and at four of the clock in the afternoon, and when you goe to bed.

To distill Triacle-water.

Take one ounce of Harts-horn shaved, and boil it in three pints of *Carduus* water till it come to a quart, then take the roots of Elecampane, Gentian, Cipresse, Turmentil, and of Citron rinds, of each one ounce, Borrage, Bugloss, Rosemary flours, of each two ounces, then take a pound of the best old Triacle, and dissolve it in six pints of white wine, and three pints of Rose-water, so infuse all together, and distill it.

It is good to restore spirits, and speech, and good against swooning, faint-

Rare Secrets in Physick . 12

faintnesse, agues, and wormes, and the small pox.

Triacle-water.

Take three ounces of *Venice Triacle*, and mingle it in a quart of spirits of wine, set it in horse-dung four or five dayes, then distill it in ashes or sand twice over, after take the bottom which is left in the Still, and put to it a pint of spirit of wine, and set it in the dung till the tincture be clean out of it, and strain the clear tincture out of it, and set it on the fire till it become to be a thick consistence, it must be kept with a soft fire. And so the like with saffron.

To take away a Hoarsnesse.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar-candy, and so roast it in the embers, and eat it with Butter.

To take away the head ach.

Take the best Sallade oil, and the glasse half full with tops of Poppy floures which groweth in the Corn,

14 *A Choice Manual*, or,
set this in the Sun a fortnight, and
so keep it all the year, and annoint
the Temples of your head with it.

For a Cough.

Take Sallade oil, *Aqua vita*, and
Sack, of each an equal quantity, beat
them altogether, and before the fire
rub the soles of your feet with it.

To make jelly of Harts-horn.

Take a quart of running water,
and three ounces of Harts-horn
scraped very fine, then put it into a
stone Jug, and set the Jug in a kettle
of water over the fire, and let it boil
two or three hours until it jelly, then
put into it three or four spoonfuls of
Rose-water, or white Wine, then
strain it: you may put into it Musk,
or Ambergriee, and season it as you
please.

To make a Glistre.

Take half a quart of new Milk, or
three quarters, set it on the fire, and
make it scalding hot, then take it off,
and

Rare Secrets in Physick. 15

and put into it the yolk of a new laid Egg beaten, two ounces of brown Sugar-candy, or black Sugar, give it to the party bloud-warm.

Another.

Take the bone of a neck of Mutton, or Veal, clean washed, set it on the fire to boil in three pints of fair water, and when it is clean scummed, then put in the roots of Fennel and Parsley clean washed and scraped, of either of them, the roots bruised, a handful, of Cammomil, and Mal-lowes, a handful, let all these boil together till half be wasted, then strain it, take three quarters of a pint of this broth, brown Sugar-candy two ounces, of oil of flax seed two ounces, mingle all these together, and take it for a glister bloud-warm, when it is in your body ke p it half an hour, or three quarters of an hour, or an hour if you can.

16 *A Choice Manual, or,
A Comfortable Cordiall to cheare
the heart.*

Take one ounce of conserve of
Gilliflowres, four graines of the best
Musk bruised as fine as flower, then
put it into a little tin pot, and keep it
till you have need to make this Cor-
diall following; *Viz.* Take the quan-
tity of one Nutmeg out of your tin
pot, put to it one spoonful of Cin-
namon-water, and one spoonful of
the sirupe of Gilliflowres, Amber-
greice, mix all these together, and
drink them in the morning, fasting
three or four houres, this is most
comfortable.

*A Cordiall for wind in the Stomack,
or any Part.*

Take six or eight spoonfuls of
Pennyroyal-water, put into it four
drops of oil of Cinnamon, so drink
it any time of the day, so you fast
two houres after.

Restoratives.

Take a well fleshed Capon from
the

Rare Secrets in Physick. 17

the barn door, and pluck out his Intrals, then wash it within with a little white Wine, then flea off all the skin, and take out his bones, and take the flesh, onely cut it in little pieces, and put it into a little stone bottle, and put to it an ounce of white Sugar-candy, six Dates slit, with the stones and piths taken out, one large Mace, then stop the bottle up fast, and set it in a Chaser of water, and let it boil three houres, then take it out, and pour the juyce from the meat, and put to it one spoonfull of red Rose-water, and take the better part for your breakfast four houres before dianer, and the other part at three a clock in the afternoon, being bloud-warm.

Another Restorative.

Take half a pint of Claretwine, and half a pint of Ale, and make a Caudle with a new laid Egg, put in half a Nutmeg cut into two pieces, then take it off the fire, and put in seven graines of Ambergreice, drink this.

18 *A Choice Manual, or,*
this for two breakfasts., for it will
increase bloud and strength.

Another Restorative.

Take two new laid Eggs, and take
the whites clean from them, and put
the yolkes both in one shell, then put
in two spoonfulls of Claret wine, se-
ven graines of Ambergriee small
bruised, and a little Sugar-candy,
stir all these together, and make them
bloud-warm, and sup them up for a
breakfast three or four hours before
dinner.

Another Restorative.

Take a young leg of Mutton, cut
off the skin, and the fat, take the flesh
being cut into small pieces, and put
it into a stone bottle, then put to it
two ounces of Raisins of the Sun
stoned, a large Mace, an ounce and
half of Sugar-candy, and stop the
bottle very close, and let it boile in a
Chafser three houres, and so put the
juyce from the meat, and keep it in
a cleane glasse, it will serve for three
break-

Rare Secrets in Physick. 19

breakfasts, or if he will, he may take some at three a clock in the afternoon being made warm.

A restoring Broth.

Take two ounces of Chene-roots, first slit very thin, then put it in a new Pipkin with five pints of running water, being close covered, and so set it upon embers all night long, where it may be very hot, but not seeth, then put to that water a great Cock-Chicken, and when it is clean scummed, put into it two spoonfuls of French Barly, six Dates slit, with the piths and stones taken out, two ounces of Raisins of the Sun ston'd, a large Mace, let all these boil together, till half be consumed, then take out the Cock, and beat the flesh of it in a clean Morter, and a little of the broth, then strain it altogether throughout a hair Cullender, then put in two spoonfuls of red Rose-water, and sweeten it with white Sugar candy, drink of this broth, being
made

20 *A Choice Manual, or,*
made warm, half a pint in the morn-
ing early fasting, and sleep after it if
you can, drlak a good draught at
three of the clock in the afternoon,
this broth is very good for a Con-
sumption, and the longer they taste
it, it is the better.

A strengthening Meat.

Take Potato roots, roast them or
bake them, then pill them, and slice
them into a dish, put to it lumps of
raw Marrow, and a few Currans, a
little whole Mace, and sweeten it
with Sugar to your taste, and so eat
it in stead of buttered Parsnips.

Broth for a Consumption.

Take three Marrow bones, break
them in peices, and boil them in a
gallon of water till half be consu-
med, then strain the liquor through
a Cullender, and let it stand while it
be cold, then take off all the fat clean,
and put the broth into a Pipkin, and
put to it a good Cock-Chicken, and

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a knuckle of Veal, then put into it the bottome of a white loaf, a whole Mace, two ounces of Raisins of the Sun stoned, six Dates slit, let all these boil together till half be consumed, then strain it, instead of Almonds. take a few Pittaties kernels, and beat them, and strain them with your broths as you do Almond milk, and so sweeten it with white Sugar, and drink half a pint early in the morning, and at three a clock in the afternoon, and so continue a good while together; or else it will doe you no good.

Another Cordiall.

Take a preserved Nutmeg, cut it in four quarters, eat a quarter at a breakfast, and another in the afternoon, this is good for the head and stomack.

A Cordiall for a Breakfast fasting.

Eat a good peice of a Pomecitron. preserved, as big as your two fingers in length and breadth, and so at three of the clock in the afternoon.

A.

22 *A Choice Mannall, or,
A restoring Breakfast.*

Take the brawn of a Capon, or Puller, twelve Jordan Almonds blanch'd, beat them together, and strain out the juyce with a draught of strong broth, and take it for a breakfast, or to bedward.

*A Medicine for any griplings of the
Belly.*

Take a pint of Claret wine, put to it a spoonful of Parsley seed, and a spoonful of sweet Fennel seed, half a dozen Cloves, a branch of Rosemary, a wild Mallow root clean wash'd and scrap'd, and the pith taken out, with a good peice of Sugar, set this on the fire, and burn the Claret very well with all these things in it, then drink a good draught of it in the morning fasting, and at three a clock in the afternoon.

To keep the Body Limpid.

Take half a pint of running water, put it in a new Pipkin with a
cover,

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cover, then put into the water two ounces of Manna, and when it is dissolved, strain it, and put to it four ounces of Damask Prunes, eight Cloves, a branch of Rosemary, let all these stew together while they be very tender, then eat a dozen of them with a little of the liquor an hour before dinner or supper, then take a draught of broth and dine.

To make the China Broth for a Consumption.

Take *China* root thin sliced two ounces, steep it twenty four houres in eight pints of fair water, letting it stand warm all the time, being close covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrel, or two Chickens clean dressed, and scum it well, then put in five-leaved Grasse two handfuls, Maiden-hair, Harts-tongue, of either half a handful, twenty Dates sliced, two or three Mace, and the bottome of a Manchet, let all these
stew

24 *A Choice Manual, or,*

stew together, untill not above one quart remaines, then strain it, and take all the flesh, and sweet bones, beat them in a stone Morter, and strain out all the juyce with the broth, then sweeten it with two ounces of white Sugar candy in powder, and take thereof half a pint at once, early in the morning warm, and sleep after it if you can, and two houres before supper at your pleasure, when you steep the root, slice two drachms of white Sanders, and as much red Sanders, and let them boil in the broth.

A gentle Purge.

Take one ounce of Damask Roses, eat it all at one time, fast three quarters of an hour after, then take a draught of Broth and dine.

Another Purge.

Take the weight of four or five pence of Rubarb, cut it in little pieces, and take a spoonful or two of good Currans washt very clean, so
mingle

one mingle them together, and so eat
and them, fast an hour after, and begin
es, that meal with broth, you may take
nd it an hour before if you will.

Broth for a Consumption.

Take a course Pullet, and sow up
the belly, and an ounce of the con-
serves of red Roses, of the conserves
of Borage, and Buglosse floures, of
each of them half an ounce, Pine
Apple kernels, and Pistaties, of each
half an ounce bruised in a Morter,
two drachams of Amber powder, all
mixed together and put in the belly,
then boil it in three quarts of water,
with Egrimony, Endive, and Succo-
ry, of each one handfull, Sparrow-
grasse roots, Fennel roots, Caper
roots, and one handfull of Raisins of
the Sun stoned, when it is almost
boiled, take out the Pullet, and beat
it in a stone Morter, then put it into
the liquor again, and give it three or
four walmes more, then straine it,
and put to a little red Rose-water,
and

26 *A Choice Manual*, or,
and half a pint of white Wine, and
so drink it in a morning, and sleep
after it.

To prevent miscarrying.

Take *Venice Turpentine*, spread it
on black brown paper, the breadth
and length of a hand, lay it to the
small of her back, then give her to
drink a Caudle made of Muscadine,
and put into it the husks of twenty
three sweet Almonds dried, and
finely powdered:

*For Boiles, or Kibes, or to draw a
Sore.*

Take strong Ale, and boil it from
a pint to four spoonfuls, and so keep
it, it will be an Ointment.

To make Cammomil Oil.

Shred a pound of Cammomil, and
knead it into a pound of sweet But-
ter, melt it, and strain it.

A Receipt for the Plurisie.

Take three round Balls of Horse-
dung, boil them in a pint of white
Wine till half be consumed; then
strain

and strain it out, and sweeten it with a little Sugar, and let the Patient goe to bed and drink this, then lay him warm.

For an Ague.

Take a pint of Milk, and set it on the fire, and when it boiles put in a pint of Ale, then take off the card, and put in nine heads of *Carduus*, let it boil till half be wasted, then to every quarter of a pint put a good spoonful of Wheat flower, and a quarter of a spoonful of grosse Pepper, and an hour before the fit, let the Patient drink a quarter of a pint, and be sure to lie in a sweat before the fit.

An excellent Balm for a green wound.

Take two good handfuls of English Tobacco, shred it small, and put it into a pint of Sallade oil, and seeth it on a soft fire to simmer, till the oil change green, then strain it, and in the cooling put in two ounces of *Venice Turpentine*.

For

28 *A Choice Manual, or, R*

For an Ach.

Take of the best Gall, white Wine Vinegar, and *Aqua vita*, of each like quantity, and boil it gently on the fire, till it grow clammy, then put it in a glasse or pot, and when you use any of it, warm it against the fire, rub some of it with your hand on the aking place, and lay a linnen cloth on it, doe this mornings and evenings.

To make a Searcloth.

Virgins Wax, *Sperma Ceti*, Venice Turpentine, oil of white Poppy, oil of Ben, oil of sweet Almonds.

For Wind in the Stomack, and for the Spleen.

Take a handful of Broom, and boil it in a pint of Beer or Ale till it be half consumed, and drink it for the wind, and the stomack, and for the Spleen.

A most excellent Water for a Consumption and Cough of the Lungs.

Take a running Cock, pull him alive, then kill him, when he is almost cold cut him abroad by the back, and take out the Intrals, and wipe him clean, then cut him in quarters, and break the bones, put him into such a Still as you still Rose-water in, and with a pottle of Sack, a pound of Currans, a pound of Raisins of the Sun stoned, a quarter of a pound of Dates, the stones taken out, and the Dates cut small, two handfuls of wild Thyme, two handfuls of Or-gares, two handfuls of Pimperbal, and two handfuls of Rosemary, two handfuls of Buglosse and Borage floures, a pottle of new Milk of a red Cow, still this with a soft fire, put into the glass that the water doth drop into, half a pound of Sugar-candy beaten very small, one book of leaf gold cut small among the Sugar, four grains of Amber-greice,
twelve

30 *A Choice Manual, or,*

twelve grains of prepared Pearl, you must mingle the strong Water with the small, and drink four Spoonfulls at a time in the morning fasting, and an hour before supper, you must shake about the glass when you drink it.

For a Bruise.

Take six Spoonfulls of Honey, a great handfull of Linseed, bruise these in a Morter, and boil them in a pint of Milk an hour, then strain it very hard, and annoint your breast and stomach with it every morning and evening, and lay a red cloth upon it.

The Eyc-water for all the infirmities and diseases of the Eye.

Take of the distilled water of the white wild Rose half a pound, of the distilled water of Celendine, Fennel, Eyebright, and Rue, of each two ounces, of Cloves an ounce and a half, of white Sugar-candy one drachm, of Tutia prepared four ounces, pulverize all these ingredients

Rare Secrets in Physick. 31

ents each by themselves, saving that you must bruise the Camphire with your Sugar-candy, for so it breaks best, then mix all the pouders together in a paper, put them in a strong glasse, pour the distilled waters upon them, and three pints of the best French white Wine that can be had, shake it every day three or four times long together for a moneth, and then you may use it: remember to keep it very close stopt. This is *verbatim*, as it was had from the Lord Kelly.

A Medicine very good for the Drop-sie, or the Scurvy, and to clear the Bloud.

Take four gallons of Ale, drawn from the tap into an earthen Stand, when the Ale is two dayes old, then you must put in of Brook-lime, of Water-cresses, of Water-mints with red stalkes, of each four handfuls, half a peck of Scurvy-grasse, let all these be clean picked, and washed, and

32 *A Choice Manual, or,*
and dried with a cloth, and shred
with a knife, and then put into a bag,
then put in the Ale, and stop it close,
so that it have no vent, stop it with
Lie paste; the best Scurvy grasse
groweth by the water side: it must be
seven dayes after the things be in be-
fore you drink it: Take two quarts
of water, and put in four ounces of
Guaicum, two ounces of *Salsaparilla*,
one ounce of *Saxifrage*, put it in-
to a Pipkin, and infuse it upon the
embers for twelve houres, and then
strain it, and put it into the Ale as
soon as it hath done working, this
being added makes the more Cau-
e.

For sore Eyes.

Take half a pint of red Rose-wa-
ter, put therein four penniworth of
Aloe succatrina, as much *Bole armo-
nick* in quantity, let this lie four and
twenty houres in steep, then wash
your eye with it evenings and morn-
ings with a feather, and it will help
them.

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*A Sirrup to strengthen the stomack,
and the brain, and to make a sweet
breath.*

Take Rindes, while they be new,
one pound of running water the va-
lue of five wine pints, then seeth it
unto three pints, then strain it, and
with one pound of Sugar, seeth it to
a Sirrup, and when you take it from
the fire put to it four graines of
Musk.

For the burning in the Back.

Take the juyce of Plantain, and
Womans Milk, being of a woman
Child, put thereto a spoonful of
Rose-water, and wet a fine cloth in
the same, and so lay it to your back
where the heat is.

*A very good Medicine to stay the
vomiting.*

Take of Spare-Mints, Worm-
wood, and red Rose leaves dried, of
each half a handful, of Rye bread
grated a good handful, boil all these
in red Rose-water, and Vinegar, till
they be somewhat tender, then put it

34 *A Choice Manual, or,*
into a linnen cloth, and lay it to the
stomack as hot as you can endure
it, heating it two or three times a day
with such as it was boiled in.

For weaknesse in the Back.

Take Nip, and Clary, and the
Marrow of an Oxe back, chop them
very small, then take the yolks of two
or three Eggs, and straine them all
together, then fry them, use this six
or seven times together, and after it
drink a good draught of Bastard or
Muscadine.

*To make a Cap for the pain and cold-
nesse in the head.*

Take of Storix, and Benjamine,
of both some twelve penniworth,
and bruise it, then quilt it in a brown
paper, and wear it behind on your
head.

To make pectorall roules for a Cold.

Take four ounces of Sugar finely
beaten, and half an ounce of sear-
ced Liquorice, two grains of Musk,
and

And the weight of two pence of the
Sirrups of Licorice, and so beat it up
to a perfect paste, with a little Sirrup
of Horehound, and a little Gum-
dragon being steeped in Rose-wa-
ter, then roul them in small Roules,
and dry them, and so you may keep
them all the year.

For the running of the Reines.

Take the pith of an Oxe that go-
eth down the back, a pint of red
Wine, and strain them together
through a cloth, then boil them a
little with a good quantity of Cin-
namon, and a Nutmeg, and a large
Mace, a quantity of Ambergriee,
drink this first and last daily.

For Sun-burnt.

Take the juyce of a Lemon, and
a little Bay salt, and wash your
hands with it, and let them dry of
themselves, wash them again, and
you shall find all the spots and stains
gone.

36 *A Choice Manual, or,*
For a Pin, and Web, and rednesse
in the Eye.

Take a pint of white Rose water,
half a pint of white Wine, as much
of *Lapis calaminaris* as a Walnut
braised, put all these in a glasse, and
set them in the Sun one week, and
shake the glasse every day, then take
it out of the Sun, and use it as you
shall need.

A speciall Medicine to preserve the
sight.

Take of brown Fennel, Honey-
suckles of the hedge, of wild Daisies
roots picked, and washed, and dried,
of Pearl-wort, of Eye-bright, of red
Roses the white clipped away, of
each of these a handful dry gather-
ed, then steep all these Herbs in a
quart or three pints of the best white
Wine in an earthen pot, and so let it
lie in steep two or three dayes close
covered, stirring it three times a day,
and so still it with a gentle fire, ma-
king two distillings, and so keep it
for your use.

A

Rare Secrets in Physick. 37

A proved Medicine for the yellow Jaundies.

Take a pint of Muscadine, a pretty quantity of the inner bark of a Barberry tree, three spoonfuls of the greenest goose-dung you can get, and take away all the white spots of it, lay them in steep all night, on the morrow strain it, and put to it one grated Nutmeg, one penniworth of Saffron dried, and very finely beaten, and give it to drink in the morning.

To make pectoral Reals.

Take one pound of fine Sugar, of Liquorice, and Annise seeds, two spoonfuls, of Elecampane, one spoonfull, of Amber, and Corral, of each a quarter of a spoonful, all this must be very finely beaten and searced, and then the quantity that is set down must be taken, mix all these pouders together well, then take the white of an Egg, and beat it with a pretty quantity of Musk, then take a brazen Morter very well scoured,

38 *A Choice Mannal*, or,
and a spoonful or two of the pou-
ders, and drop some of the Egg to it,
so beat them to a paste, then make
them in little roubles, and lay them
on a plate to dry.

A Plaisier for a sore Breast.

Take crums of white bread, the
tops of Mint chopped small; and
boil them in strong Ale, and make
it like a poultesse, and when it is al-
most boyled, put in the pouders of
Ginger, and oil of Thyme, so spread
it upon a cloth, it will both draw
and heal.

*A Medicine for the dead Palsie,
and for them that have lost their
speech.*

Take Borage leaves, Marigold
leaves, or Houres, of each a good
handful, boil it in a good Ale Pos-
set, the Patient must drink a good
draught of it in the morning, and
sweat, if it be in the armes or legs,
they must be chafed for an hour or
two when they be grieved, and at
meals they must drink of no other
drink

Rare Secrets in Physick. 39

drink till their speech come to them again, and in winter, if the hearbs be not to be had, the seeds will serve.

*An approved Medicine for an Ach,
or Swelling.*

Take the floures of Cammomil, and Rose-leaves, of each of them a like quantity, and seeh them in white Wine, and make a Plaister thereof, and let it be laid as hot as may be suffered to the place grieved, and this will ease the pain, and aswage the swelling.

An approved Medicine for a stinking Breath.

Take a good quantity of Rosemary leaves and floures, and boil them in white Wine, and with a little Cinnamon and Benjamin beaten in powder, being put thereto, let the Patient use to wash his mouth very often therewith, and this will presently help him.

A good Broth for one that is weak.

Take part of a Neck of Lamb, and a pretty running Fowl, and let

C 5

them

40 *A Choice Manuall, or,*

them on the fire in fair spring water, and when it boyleth scum it well, so done, put in two large Mace, and a few Raisins of the Sun stoned, add a little Fennel root, and a Parsley root, and let them boil, if the party be grieved with heat or cold in the stomack, if heat, put in a handfull of Barley boyled before in two waters, and some Violet leaves, Sorrel, Succory, and a little Egrimony, if cold, put in Rosemary, Thyme, a Lilly, Marigold leaves, Borrage, and Buglosse, and boil this from four platts to lesse than one.

A Receipt for Purging. D. T.

Take the leaves of new Sene six ounces, of chosen Rubarb one ounce and half, leaves of Sage, red Dock roots, of each an ounce, of Barberries half an ounce, Cinnamon, and Nutmegs, of each an ounce, Annise seeds, and Fennel seeds, of each six drachms, of Tamarisk half an ounce, Cloves, and Mace, of each half a drachm, beat them into a
grosse

Rare Secrets in Physick. 41

grosse powder, and hang them in a linnen bag, in six gallons of new Ale, so drink it fasting in the morning, and at night.

To comfort the Stomack, and help Windinesse and Rheum.

Take of Ginger one penniworth, Cloves four penniworth, Mace seven penniworth, Nutmegs four penniworth, Cinnamon four penniworth, and Gallinal two penniworth, of each an ounce, of Cubebs, Corall, and Amber, of each two drachms, of Fennel seed, Dill seed, and Carraway seed, of each one ounce, of Liquorice, and Annise seeds, of each an ounce, all beaten into fine powder, one pound and a half of fine beaten Sugar, which must be set on a soft fire, and being dissolved, the pouders being well mixed therewith till it be stiffe, then put thereunto, half a pint of red Rose-water, and mix them well together, and put it into a gally pot, and take thereof first in the morning, and last in the

evening.

42 *A Choice Manual, or,*
evening., as much as a good Hase
Nut, with a spoonful or two of red
Wine.

To make a Callice for a weak Person.

Take a good Chicken, and a piece
of the neck end of Lamb or Veal,
not so much as the Chicken, and set
them on the fire, and when they boil
and are well scummed, cast in a large
Mace, and the peices of the bottome
of a Manchet, and half a handful of
French Barly boyled in three wa-
ters before, and put it to the Broth,
and take such hearts as the party re-
quireth, and put them in when the
broth hath boyled half an hour, so
boil it from three and a half to one,
then cast it through a strainer, and
scum off all the fat, so let it cool, then
take twenty good Jordan Almonds,
or more if they be small, and grind
them in a mortar with some of the
broth, or if you think your broth too
strong, grind them with some fair
water, and strain them with the
broth;

Rare Secrets in Physick. 43

broth; then set it upon a few coals, and season it with some Sugar, not too much, and when it is almost boiled, take out the thickest, and beat it all to pieces in the mortar, and put it in again, and it will doe well, so there be not too much of the others flesh.

For the Gout.

Take six drachms of Cariacostine fasting in the morning, and fast two hours after it, you may roul it up in a Wafer, and take it as Pills, or in Sack, as you conceive is most agreeable for the Stomack; this proportion is sufficient for a woman, and eight drachms for a man, and take it every second day, untill you find remedy for it, it is a gentle purge that workes onely upon winds and water.

The Poultesse for the Gout.

Take a penny loaf of white Bread, and slice it, and put it in fair water, two Eggs beaten together, a handful of red Rose leaves, two penniworth
ot

44 *A Choice Manual, or,*
of Saffron dried to powder, then take
the bread out of the water, and boile
it in a quantity of good Milk, with
the rest of the Ingredients, and apply
it to the place grieved, as warm as
you can well endure.

For them that cannot hear.
Put into their ears good dried Suet.

*A Sovereign water, good for many
Cures, and the health of Bodies.*

Take a gallon of good Gascoigne
Wine, White or Claret, then take
Ginger, Galingal, Cardomon, Cin-
namon, Nutmegs, Graines, Cloves,
Annise seeds, Fennel seeds, Carra-
way seeds, of each of them three
drachms, then take Sage, Mints, red
Rose leaves, Thyme, Pellitory, Rose-
mary, wild Thyme, wild Majoram,
Organy, Penni-mountain, Penni-
royal, Cammomil, Lavender, A-
vens, of each of them a handful, then
beat the Spices small, and the Hearbs,
and put all into the Wine, and let it
stand

stand for the space of twelve houres,
stirring it divers times: Then still it
in a Limbeck, and keep the first wa-
ter by it self, for it is best, then will
there come a sccond water, which is
good, but not so good as the first;
The Virtues of this Water be these,
It comforteth the Spirit vitall, and
preserveth greatly the Spirit vitall,
and preserveth the youth of man, and
helpeth all inward diseases coming
of cold, and against shaking of the
Palsie, it cureth the contract of Si-
news, and helpeth the conception of
the barren, it killeth the wormes in
the Belly, it killeth the Gout, it help-
eth Tooth-ach, it comforteth the
stomack very much, it cureth the cold
Drop sic, it breaketh the stone in the
back, and in the reines of the back, it
cureth the Canker, it helpeth shortly
the stinking breath, and whosoever
useth this water oft, it preserveth
them in good liking; this water will
be the better if it stand in the Sun all
the Summer, and you must draw of
the

146 *A Choice Manual, or,*

the first water but a pint, and of the second as far as it will run, until the whole gallon of wine and hearbs be all done out, but the last water is very small, and not half so good as the first; if you do draw above a pint of the best water, you must have all things more as is aforesaid.

To stanch the bleeding of a Wound.

Take a Hounds turd, and lay it on a hot coal, and bind it thereto, and that shall stanch bleeding, or else bruise a long Worm, and make powder of it, and cast it on the wound, or take the ear of a Hare, and make powder thereof, and cast that on the wound, and that will stanch bleeding.

For spitting of bloud after a fall or bruise.

Take Eittany, Vervain, Nosebleed, and five leaved grasse, of each alike, and stamp them in a mortar, and

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and wring out the juice of them, and put to the juice as much Goats milk, and let them seeth together, and let him that is hurt drink of it seven dayes together, till the waxing of the Moon, and let him drink also Osmary and Cumfery with stale Ale, and he shall be whole.

For to heal him that spitteth bloud.

Take the juyce of Bittany, and temper that with good milk, and give the sick to drink four dayes, and he shall be whole.

For to know whether one that hath the Flux shall live or die.

Take a penny weight of Trefoile seed, and give him to drink in Wine or Water, and doe this three dayes, and If it cease he shall live, with the help of medicine, if not, he shall die.

For to stanch the bleeding of a Vein.

Take Rue and seeth it in water, and after stamp it in a mortar, and lay it on the Vein, then take Lambs wooll

48 *A Choice Mannall, or,*
wool that was never washed, and lay
that thereon, and that shall stanch
bleeding.

For a V. in that is euill smitten.

Take beanes, and peel away the
lack, and seeth th. m well in Vinegar,
and lay them on the Vein hot, in
manner of a plalster.

For one that pisseth bloud.

Take and seeth Garlick in water,
till [the third part be wasted away,
let him drink of the water, and he
shall be whole.

For a Woman travelling wlih Child

Take and give her Tittany to
drink in the morning, and she shall
be delivered without perill, or else
give her Hyfop with water that is
hot, and she shall be delivered of the
child, although the child be dead and
rotten, and anon when she is deli-
vered, give her the same without
Wine, or bind the hearb Argenvine
to her nostrils, and she shall be soon
delivered, or else Polipody and stamp
it,

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it, and lay that on the womans foot in manner of a Plaister, and she shall be delivered quick or dead, or else give her Savoury with hot water, and she shall be delivered.

Against Surfeiting, and digesting.

Take the bottom of a wheat loaf, and toast it at the fire, till it be very brown and hard, and then take a good quantity of *Aqua vita*, and put upon the same so toasted, and put it in a single linnen cloth, and lay it at the breast of the Patient all night, and with the help of God he shall recover, and he shall vomit or purge soon after.

A Water to comfort weak eyes, and to preserve the sight.

Take a gallon and a half of old wheat fair and clean picked from all manner of soyl, and then still it in an ordinary Still with a soft fire, and the water that comes of it must be put in a glasse, then take half a pound of white Sugar-candy, and bruise it in a mortar to powder, and
after

50 *A Choice Manual, or,*

after three dayes, when the water hath been in a glasse, then put in the poudered Candy, then take an ounce of *Lapis Tutia* prepared, and put it into the glasse to the rest of the stuffe, then take an ounce of Camphire, and break it between your fingers small, and put it into the glasse, then stop the glasse close, and the longer it stands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar-candy as much as a Chesnut, and put it into three or four Spoonfuls of white Wine to steep, then take it out again, and dry it, and when it is dry, bruise it in a clean mortar that tastes of no spice, then put it upon a white paper, and so hold it to the fire that it may be thorough dry, and then scarce it through a little sieve.

For hot Eyes and red.

Take slugs, such as when you touch them will turn like the pum-mel of swords, a dozen or sixteen,
shake

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shake them first in a clean cloth, and then in another, and not wash them, then stamp them, and put three or four spoonfuls of Ale to them, and strain it through a dry cloth, and give it the party morning and evening, first and last.

For Cornes.

Take fair water half a pint, Mercury sublimate a penniworth, Allum as much as a Bean, boil all these together in a glasse Still, till a spoonful be wasted, and alwayes warm it when you use it, this water is also good for any Itch, Tetter, Ringworm, or Wart.

A Scarcloth for a Sore, or Sprain, or any Swelling.

Take Vervain seven ounces, of Siros seven ounces, of Camphire three drachms, of oil of Roses ten ounces, let the Wax and the Oil boil till the Wax be melted, then put in your Siros finely beaten, stirring it on the fire till it look brown; Then put in the Camphire finely beaten, and

52 *A Choice Manual* or,

and let it boil two or three walmes,
and then dip in your clothes.

A Poultice for a swelling.

Take a good handful of Violet
leaves, and as much Groundsel, of
Chickweed and Mallows, half a
handful, cut all these with a knife,
and so seeth them well in Conduit
water, and thicken it with Barly
meal, being finely sifted, and so roul
it sure, and lay it to the swelled place,
and shift it twice a day.

*To make a strong Water good for a
Canker, or any old Sore, or to eat
any lump of flesh that groweth.*

Take of Celeridine a handful, of
red Sage a handful, and of Wood-
bine leaves a handful, shred all these
together very small, and steep them
in a quart of white Wine, and a pint
of Water, letting it stand all night,
and on the morrow strain it, and
put therein of Borax, and Camphire,
of each nine penniworth, and of

Moc-

Rare Secrets in Physick. 53

Mercury four penniworth, and set them on a soft fire, boiling softly for the space of an hour; and when you will use it, warm a little of it, dip it in a cloth, and lay it to the Sore, or dip it in any Cotton.

To heal any Bruise, Sore, or Swelling.

Take two pound of Wax, and two pound of Rosin, and two pound and a half of Butter, and four spoonfuls of Flower, and two good spoonfuls of Honey, put in your Wax, Rosin, and your Butter altogether, boil all these together and clarify it, then put in two ounces of Carmelick, and when it hath thus boiled a quarter of an hour, put a little water in a dish, and put it in, and let it stand till it be cold, and when you will use it, you may melt it on a soft fire, and put in your clothes, and make Searchcloth, and you may spread it plaister-wise to heal any wound.

54 *A Choice Mannal, or,
A Medicine for any wound old or new*

Take a pint of Sallade oil, and four ounces of Bees Wax, and two ounces of Stone pitch, and two ounces of Rosin, and two ounces of Venice Turpentine, and one pennyworth of Frankincense, and a handful of Rosemary tops, and a handful of Tutson leaves, and a handful of Plantain leaves; these hearbs must be stamped, and the juyce of them put to the things aforesaid, and let them boil together about a quarter of an hour, or thereabouts, this being done, put it into an earthen pot, and when it is cold you may use it as you have occasion, and keep it two year, a most excellent Medicine.

A Medicine for a Wen.

Take black Sope, and unquencht Lime, of each a like quantity, beat them very small together, and spread it on a woollen cloth, and lay it on the Wen, and it will consume it away.

For

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For breaking out of Childrens heads.

Take of white Wine, and sweet Butter alike, and boil them together till it come to a Salve, and so anoint the head therewith.

*For to mundifie, and gently to cleanse
Ulcers, and break new flesh.*

Take Rosin eight ounces, Colophonia four ounces, *Era & Oliva*, ana. one pound, *Adipis ovyni*, Gum *Ammoniaci* *Opopanaci*, ana. one ounce, fine *Eruginis aris*; boil your Wax, *Colophoni*, and Rosin, with the Oil together, then strain the Gums, being first dissolved in Vinegar, and boil it with a gentle fire, then take it off, and put in your *Verdigriee*, and fine ponder, and use it according to Art.

A Fomentation.

Take the liquor wherein Neatsfeet have been boiled, with Butter, and new Milk, and use it in manner of a Fomentation.

D

For

56 *A Choice Manual, or,*
For the Falling-sicknesse, or Con-
vulsions.

Take the dung of a Peacock, make it into powder, and give so much of it to the Patient as will lie upon a shilling, in Succory-water fasting.

For a Tetter, proceeding of a salt humour, in the Brest and Paps.

Annoint the sore place with Tanners Owse.

For the bloody Flux.

Take the bone of a Gammon of Bacon, and set it up on end in the middle of a Charcoal fire, and let it burn till it look like Chalk, and that it will burn no longer, then powder it, and give the powder thereof unto the sick.

A Plaister for all manner of Bruises.

Take one pound of medeWax, and a quartern of Pitch, half a quartern of Galbanum, and one pound of Sheeps Tallow, shred them and seeth them softly, and put them to a little
white

Rare Secrets in Physick. 57

white Wine, or good Vinegar, and take of Frankincense, and Mastick, of each half an ounce in powder, and put it to, and boil them altogether, and still them till it be well relented, and spread this salve upon a mighty Canvas that will over-spread the sore, and lay it thereon hot till it be whole.

To make Flos Unguentorum.

Take Rosin, Perrosin, and half a pound of Virgin Wax, Frankincense a quarter of a pound, of Mastick half an ounce, of Sheeps tallow a quarter of a pound, of Camphire two drachms, melt that that is to melt, and powder that that is to powder, and boil it over the fire, and strain it through a cloth into a pottle of white Wine, and boil it altogether, and then let it cool a little, and then put thereto a quartern of Turpentine, and stir all well together, till it be cold, and keep it well. This Ointment is good for sores old and new;

58 *A Choice Manual, or,*

it suffereth no corruption in the Wound, nor no evil flesh to be generated in it, and it is good for head-ach, and for all manner of Imposthumes in the head, and for wind in the brain, and for Imposthumes in the body, and for boyling eares and cheeks, and for sauce-flegm in the face, and for Sinews that be knit, or stiffe, or sprung with travell; it doth draw out a thorn, or Iron, in what place soever it be, and it is good for biting or stinging of venomous Beasts; it rotteth and healeth all manner of Botches without, and it is good for a Fester, and Canker, and *Noli me Tangere*, and it draweth out all manner of aking of the Liver, and of the spleen, and of the Mervis, and it is good for aking and swelling of many members, and for all members, and it ceaseth the Flux of Menstrua, and of Emeroides, and it is a special thing to make a fumed cloth to heal all manner of sores, and it searcheth farthest inward of any Ointment.

AN

Rare Secrets in Physick. 59

An Ointment for all sorts of Ache^s.

Take Bettony, Cammömile, Celendine, Rosemary, and Rue, of each of them a handful, wash the Hearbs, and presse out the water, and then chop or stamp them very small, and then take fresh Butter unwashed and unsalted a quart, and seeth it untill half be wasted, and clarified, then scum it clean, and put in of oil Olive one ounce, a peice of Virgins Wax for to harden the Ointment in the summer time, and if you make it in the winter, put into your Ointment a little quantity of foot-senne instead of the Virgins Wax.

An excellent Sirupe to purge.

Take of *Sena Alexandrina* one pound, Polipodium of the Oak four ounces, Sarsaparilla two ounces, Damask Prunes four ounces, Ginger seven drachms, Annise seeds one ounce, Cummin seed half an ounce,

D 3

Carra-

60 *A Choice Manual* or,
Carraway seeds half an ounce, Cin-
namon ten drachms, *Aristolochia*
rotunda, *Peonia*, of each five drachms,
Rubarb one ounce, Agarick six
drachms, Tamarisk two handfulls,
boil all these in a gallon of fair wa-
ter unto a pottle, and when the li-
quor is boiled half away, strain it
torth, and then put in your Rubarb
and Agarick in a clean thin hand-
kercher, and tie it up close, and put it
into the said liquor, and then put in
two pound of fine Sugar, and boil it
to the height of a Sirupe, and take of
it the quantity of six spoonfulls, or
more, or lesse, as you find it worketh
in you.

To make drink for all kind of Surfeits

Take a quart of *Aqua*, or small
Aqua vite, and put in that a good
handfull of Cowslip floures, Sage
floures a good handfull, and of
Rosemary floures a handfull, sweet
Majoram a little, Pellitory of the
wall

Rare Secrets in Physick. 61

wall a little, Bettony, and Balm of each a pretty handfull, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel seed, Annise seed, Coriander seed, Carraway seed, Gromwel seed, Juniper berrys, of each a drachm, bruise your Spices and Seeds, and put them into your *Aqua*, or *Aqua vita*, with your hearbs together, and put to that three quarters of a pound of very fine Sugar, stir them together, and put them in a glasse, and let it stand nine dayes in the Sun, and let it be stirred every day, it is to be made in *May*, steeped in a wide mouth'd glasse, and strained out into a narrow mouth'd glass.

A Medicine for the Reins of the Back.

Take Housleek, and stamp and strain it, then dip a fine linnen cloth into it, and lay it to the Reins of the Back, and that will heal it.

A Medicine for the Ach in the Back.

Take Egrimony, and Mugwort, both leaves and roots, and stamp it

D 4

with

62 *A Choice Manuall*, or,
with old Bores grease, and temper
it with Honey and Eysell, and lay it
to the back.

For a Stitch.

Take Roses, and Cammomil, of
each a handful, and oil of Roses, and
oil of Cammomil, of both together
a saucer full, and a quantity of Bar-
ly flower, boil all these together in
Milk, and then take a linnen bag,
and put it therein, and lay the plai-
ster as hot as may be suffered where
the stich is.

*To make a Salve for wounds that be
cankered and do burn.*

Take the juyce of Smallage, of
Morrel, of Waberd, of each alike,
then take the white of Eggs, and
mingle them together, and put there-
to a little Wheat flower, and stirre
them together till it be thick, but let
it come nigh no fire but all cold, let
it be laid on raw to the sore, and it
shall cleanse the wound.

A Medicine for Bone-ach.

Take Brook-lime, and Smallage,
and

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and Daisies, with fresh Sheeps tallow, and fry them together, and make thereof a plaister, and lay it to the sore hot.

For Sinews that are shrunk.

Take young Swallowes out of the nest a dozen or sixteen, and Rosemary, Lavender, and rotten Strawberry leaves strings and all, of each a handful, after the quantity of the Swallows, the feathers, guts, and all, bray them in a mortar, and fry all them together with *May Butter*, not too much, then put it into an earthen pot, and stop it close nine dayes, then fry it again with *May Butter*, and fry it well, and strain it well, when you shall use it, chafe it against the fire.

A Water for the biting of a mad Dog.

Take Scabios, Matfiline, Yarrow, Nightshade, wild Sage, the leaves of white Lillies of each a like quantity, and still them in a common Still, and give the quantity of

D 5

three

64 *A Choice Manual, or,*
three or four spoonfuls of the Water
mingled with half a spoonful of
Triacle, to any man or beast that is
bitten, within three dayes after the
biting, and for lack of the water, take
the juyces of these Hearbs mingled
with Triacle, it will keep the sore
from rankling; take Dittany, Egri-
mony, and rusty Bacon, and beat
them fine together, and lay it unto
the wound, and it will keep it from
rankling.

*A proved Medicine for any one that
have an Ague in their Breast.*

Take the Patients own water, or
any others that is very young, and
set it over the fire, put therein a good
handful of Rosemary, and let it boil,
then take two red clothes, and dip
them in the water, then nip it hard,
and lay it on the breast as hot as it
may be indured, and apply it till you
see the breast asswaged, then keep it
very warm.

To kill a Felon.

Take red Sage, white Sope, and
bruiſe

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bruise them, and lay it to the Fellon
and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as
much Vinegar, the crums of leaven-
ed bread, and a little Honey, and boil
them altogether, till they be thick,
and lay that hot to the joynt where
the Fellon is, and that will heal it.

Doctor Stevens Sovereign water.

Take a gallon of good Gascoign
Wine, then take Ginger, Gallin-
gal, Cancel, Nutmegs, Grains, Cloves,
Annise seeds, Carraway seeds, of
each a drachm, then take Sage, Min-
red Roses, Thyme, Pellitory, Rose-
mary, wild Thyme, Cammomile,
Lavender, of each one handful; then
bray both Spices and Hearbs, and
put them all into the Wine, and let
them stand for twelve houres, divers
times stirring them, then still that in
a Limbeck, but keep that which you
still first by it self, for that is the best,
but

66 *A Choice Mannall, or,*
but the other is good also, but not so
good as the first.

The Verrues of this water are
these ; It comforteth the spirits Vi-
rall, and helpeth the inward diseases
which come of cold, and the shaking
of the Palsie, it cureth the contracti-
on of sinewes, and helpeth the con-
ception of women that be barren, it
killeth Wormes in the body, it cu-
reth the cold Cough, it helpeth the
tooth-ach, it comforteth the stomack,
it cureth the cold Dropisie, it helpeth
the Stone, it cureth shortly the stink-
ing breath, and whoso useth this
water enough, but not too much, it
preserveth him in good liking, ma-
king him young.

Doctor Willoughbies Water.

Take Gallinag, Cloves, Cubebs,
Ginger, Melilot, Cardamome,
Mace, Nutmegs, of each a drachm,
and of the juyce of Celendine half a
pint, and mingle all these made in
pouder with the said juyce, and with
a pint

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a pint of good *Aqua vita*, and three pints of good white Wine, and put all these together in a still of glasse, and let it stand so all night, and on the morrow still it with an easie fire as may be.

The Vertue is of secret nature, it dissolveth the swelling of the Lungs without any grievance, and the same Lungs being wounded or perished it helpeth and comforteth, and it suffereth not the bloud to putrifie, he shall never need to be let bloud that useth this Water, and it suffers not the heart to be burnt, nor melancholy or flegm to have dominion above Nature, it also expelleth the Rheum, and purifieth the stomack, it preserveth the visage and memory, and destroyeth the Palsie, and if this Water be given to a man or woman labouring towards death, one spoonful relieveth: In the Summer time use once a week fasting the quantity of one spoonful, and in Winter two spoonfuls.

A

68 *A Choice Manual, or,
A Medicine for them that have a
pain after their child-bed.*

Take Tar, and fresh Barrowes
grease, and boil it together, then take
Pigeons dung, and fry it in fresh
grease, and put it in a bag.

For the drink : Take a pint of
Malmsey and boil it, and put Bay
berries and Sugar in it, the Bay ber-
ries must be of the whitest, and put
therein some Sanders.

Take some fair water, and set it
over the fire, and put some ground
Malt in it, when they use these things
they must keep their bed.

For running of the Reines.

Take Venice Turpentine rouled
in Sugar and Rose-water, swallow
it in pretty roubles, and put a piece of
Scarlet warm to your back.

For Coods that be swollen.

Stamp Rue, and lay thereto.

*To draw an Arrow head, or other
Iron out of a wound.*

Take the juyce of Valerian, in the
which

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which you shall wet a Tent, and put it into the wound, and lay the same Hearb stamped upon it, then your band or binding as appertaineth, and by this meanes you shall draw out the Iron, and after heal the wound as it requireth.

A Plaster for a green wound.

Take Flower and Milk, and seeth them together till it be thick, then take the white of an Egg, and beat them together, and lay it to the wound, and that will keep it from rankling.

For a Lask.

Take an Egg, and *Aqua vita*, and boil it with the Egg till it be dry, then take Cinnamon and Sugar and eat with the Egg.

For him that hath a bunch or knot in his head, or that hath his head swollen with a fall.

Take one ounce of Bay Salt, raw Honey three ounces, Turpentine two ounces, intermingle all this well upon

70 *A Choice Manual*, or,
upon the fire, then lay it abroad upon a linnen cloth, and thereof make a plaister, the which you shall lay hot to the head, and it will altogether assuage the swelling, and heal it perfectly.

Against the biting of any venomous Beast.

As soon as the person feelth himself bit with any venomous Beast, or at least, so soon as it is possible, let him take green leaves of Fig-tree, and presse the milk of them three or four times into the wound: And for this also serveth Mustard seed mingled with Vinegar.

A perfect Remedy for him that is sore wounded with any Sword or Staffe.

Take *Taxas barbatus*, and stamp it, and take the juyce of it, and if the Wound bleed, wipe it, and make it clean, washing it with white Wine, or Water, then lay the said juyce upon the Wound, and the Hearb, where-
of

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of you take the juyce, upon it, then make your band, and let it abide on a whole day, and you shall see a wonderfull effect.

A Bag to smell unto for Melancholy, or to cause one to sleep.

Take dry Rose leaves, keep them close in a glass which will keep them sweet, then take powder of Mints, powder of Cloves in a gross powder, and put the same to the Rose leaves, then put all these together in a bag, and take that to bed with you, and it will cause you to sleep, and it is good to smell unto at other times.

For spitting of blood.

Take the juyce of Bettony tempered with Goats Milk, and drink thereof three or four mornings together.

An Ointment for all Sores, Cuts, Swellings, and Heat.

Take a good quantity of Smal-lage, and Mallowes, and put thereto two pound of Bores grease, one pound

72 *A Choice Manual*, or,
pound of Butter, and oil of Neats-
foot a quantity, stamp them well to-
gether, then fry them, and strain
them into an earthen pot, and keep
it for your use.

A Salve for a new Hurt.

Take the whitest Virgins Wax you
can get, and melt it in a pan, then put
in a quantity of butter and Honey,
and seeth them together, then strain
them into a dish of fair water, and
work it in your hands, and make it
in a round ball, and so keep it, and
when you will use it, work some of it
between your hands, and strike it
upon a cloth, and lay it upon the
sore, and it will draw and heal it.

*Against the biting of a mad Dog, and
the rage or madness that followeth a
man after he is bitten.*

Take the blossomes or floures of
wild Thistles dried in the shade, and
beaten to poulder, give him to drink
of that poulder in white Wine half a
Walnut

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Walnut shell full, and in thrice taking it he shall be healed,

Against the grief in the Lungs, and spitting of Bloud.

Take the Hearb, called of the Apothecary *Ungula Caballina*, in English Colts-foot, Incorporate it well with the Lard of a Hog chopped, and a new laid Egg, boil it together in a pan, and give it to the Patient to eat, doing this nine mornings you shall see a marvellous thing, this is also good to make a man fat.

Against spitting of bloud by reason of some vein broken in the Breast.

Take Mife-dung beaten into powder, as much as will lie upon a groat, and put it in half a glassfull of the juice of Plantain with a little Sugar, and so give the Patient to drink thereof in the morning before breakfast, and at night before he goe to bed, continuing the same, it will make him whole and sound.

For

74 *A Choice Mannall, or,*

For to cleanse the Head.

Take Pellitory of Spain, and chew the roots three dayes, a good quantity, and it will purge the head, and do away the ach, and fasten the teeth in the gums.

A good Remedy against the Plurisie.

Open a white loaf in the middle new baked, and spread it well with Triacle on both the halves on the crown side, and heat it at the fire, then lay one of the halves on the place of the disease, and the other half on the other side of the body directly against it, and so bind them that they loose not, nor stir, leaving them so a day and a night, or untill the Imposthume break, which I have sometimes seen^d in two houres or lesse, then take away the bread, and immediately the Patient will begin to spit and void the putrifaction of the Imposthume, and after he hath slept a little, you shall give him meate, and with the help of God he shall shortly heal.

For

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For a Pin, or Web, in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is grieved, and so close it up; and most assuredly the Lice will suck out the Web in the eye, and will cure it, and come forth without any hurt.

A Remedy to be used in a fit of the Stone when the water stops.

Take the fresh shels of Snails, the newest will look of a reddish colour, and are best, take out the Snails, and dry the shels with a moderate heat in an oven after the bread is drawn, likewise take Bees and dry them so, and beat them severally into powder, then take twice so much of the Bees powder as the Snails, and mix them well together, keep it close covered in a glasse, and when you use it, take as much of this powder as will lie upon a sixpence, and put it into a quarter of a pint of the distilled water of Bean floures, and drink it fasting,

76 *A Choice Manual, or,*
fing, or upon an empty stomach,
and eat nor drink nothing, for two
or three houres after.

This is good to cause the party to
make urine, and bring away the gra-
vell or stone that causeth the stop-
ping, and hath done very much
good.

A Sirupe for the pain in the stomach.

Take two good handfuls of young
Rue, boil it in a quart of good white
Wine Vinegar till it be half consu-
med, so soon as it is thorough cold,
strain it, and put to every pint of the
liquor a pound and a quarter of
loaf-Sugar, and boil it till it come
to a Sirupe, when you use it, take a
good spoonful of this in the morn-
ing fasting, and eat nor drink no-
thing for two or three houres after, it
is good for pain in the stomach that
proceeds of windy vapours, and is
excellent good for the Lungs and
obstructions of the Breast.

Re-

Rare Secrets in Physick. 77

*Receipts for Bruises, approved by the
Lady of Arundell.*

Take black Jet, beat it to powder,
and let the Patient drink it every
morning in beer till he be well.

Another for the same.

Take the sprigs of Oak trees, and
put them in paper, roast them, and
break them, and drink as much of
the powder as will lie upon a six-
pence every morning, untill the Pa-
tient be well.

To cause easie labour.

Take ten or twelve dayes before
her looking six ounces of brown
Sugar-candy beaten to powder, a
quarter of a pound of Raisins of the
Sun stoned, two ounces of Dates
unstoned sliced, half an ounce of
Annise seeds bruised, a quarter of
an ounce of Couflip floures, one
drachm of Rosemary floures, put
these in a fine lawn bag with a flint-
stone, that it may sink into a pottle
of white Wine, let it steep four and
twenty /

78 *A Choice Mannal*, or,
twenty houres, and after take of it,
in the morning, and at four in the
afternoon, and in the evening, the
quantity of a wine glass full.

A Cordiall for the Sea.

Take one ounce of Sirupe of
Clove-Gilliflowres, one drachm of
Confectio Alchermis, one ounce and a
half of Borrage-water, and the like
of Mint-water, one ounce of Mr.
Mountfords water, and as much of
Cinnamon-water, temper all these
together in a Cordiall, and take a
spoonfull at a time when you are at
Sea.

A Plaister to strengthen the Back.

Take eight yolkes of Eggs new
laid, one ounce of Frankincense
beaten into fine powder, mingle
them well together, put in as much
Barly flower as will make it thick
for a plaister, spread it on leather,
lay it to the small of the back, let-
ting it lie nine houres, use four
plaisters one after another, you
must

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must slit the plaister in the midst, so as it may not lie on the back bone.

A present Remedy for a Woman with child, that hath taken harm by fall, or fright, or any mischance.

To stay the Child and strengthen it, take one ounce of Pickerell jawes fine beaten and searsed, of Dates stones, and *Bole armoniack*, of each one ounce, of *Sanguis draconis*, half an ounce, glve of these, being well searsed and mingled together, a French Crown weight in Muscadine or Malmsey, and let the woman keep her very warm.

For a weak Back.

Take of red Lead half a pound, of white Lead half a pound, boil these in three pints of Sallade oil in a pipkin, stirring them continually with a peice of Iron, until it be of a gray colour, then roul it up in roules, and keep it for your use.

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Oj

80 *A Choice Marmal, or;*

Oil of Saint Johns Wort.

Take a quart of Sallade oil, put thereto a quart of the flours of Saint Johns Wort well picked, let them lie therein all the year till the seeds be ripe. the glasse must be kept warm, either in the Sun, or in water all the Summer untill the seeds be ripe; then put in a quarter of Saint Johns Wort seeds whole, and so let it stand twelve houres, then you must seeth the oil eight houres, the glasse being kept open, and the water in the pot full as high as the oil is of height in the glasse, then when it is cold strain it, that the seeds may not remain in the oil, and then put up the oil for your use.

A green Salve for a cold Sore.

Take a handfull of Groundsel, as much Housleek, of Marigold leaves a handfull, pick and wipe these Herbs clean, but wash them not, then beat all these Herbs in a wooden bowl as small as is possible, then strain out all the juyce, and put in a
quan-

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quantity of Hogs grease, as much as two Eggs, beat all these together again, then put in the juyce again, and put in ten Eggs, yolkes and whites, and five spoonfuls of English Honey, and as much Wheat flower as will make all this as thick as a salve, and so stir it very well together, and put it close up in a pot that it take no air, and so keep it for your use.

A most excellent Pouder for the Collick and Stone.

You must take it morning and evening before you goe to bed, Sperma Ceti one ounce and half, Cloves and Mace one quarter of an ounce, Annise seeds, and Perstone, of each two ounces, Cinnamon, and small Pepper of each one quarter of an ounce, Date stones a quarter of an ounce, Liquorice, Fennel, red Sage, Bay berries, of each three quarters of an ounce, Acornes one quarter and half of an ounce, Lilly roots two drachms, the white of

83 *A Choice Manual, or,*

Oyster shells burned in the fire one quarter of an ounce, beat all these into fine powder, and drink as much thereof in Ale or Beer as will lie on a sixpence, and fast one hour or two after it: If the party be sore grieved, take one handful of Parsly, and seeth it in Ale until half be sod away, with twenty or thirty Prunes therein strain'd, and put thereto two spoonfuls of this powder, and drink it mornings and evenings somewhat warm.

*A present Remedy for the running
of the Reines.*

Take an ounce of Nutmegs, half an ounce of Mastick, then slice the Nutmegs, and put them in steep in Rose Vinegar all one night, then lay them in a dish to dry before the fire, then take the Mastick and lay it in Papers, and beat it with a hammer very small, and put a little Corall well beaten unto it, and as much Ambergreece, then mingle these things

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things together with Sugar, and make it pleasant to eat, and so take a good quantity morning and evening.

A Salve for a green Wound.

Take two handfuls of water. Dittany, two handfuls of Rosemary shred very small, a quarter of a pint of Turpentine, half a pound of yellow Wax, a quart of Sallade oil, half a pint of white Wine, boil all these together while the white Wine be quite consumed, then it will be green and come to the height of a Salve.

A proved Medicine for a burning or scalding by lightning or otherwise.

Take Hogs grease, or Sheeps treacles, and Alehoof, beat these very well together, then take more Hogs grease, and boil it to a Salve.

To use it.

Anoint the place grieved with this Ointment, and then lay upon the sore so annointed Colewort leaves,

84 *A Choice Manual, or,*
which must be boyled very soft in
water, and the strings made smooth,
with beating them with a Pestle.

*A Pouder for the green Sickness
approved with very good successe
upon many.*

Take of Cloves, Mace, Nutmegs,
of each one quarter of an ounce, beat
them severally, and then altogether
very well, fine Sugar very small beat-
en one quarter of a pound, and then
mix and beat them all four together,
Pearl the sixt part of half an ounce
finely beaten, mingle it with the rest,
and beat them altogether again, the
filing of Steel or Iron one ounce and
a quarter, sift it very fine, and mingle
it with the rest, but if so small a
quantity will not serve, adde a quar-
ter more of the mettall, let it be sifted
before you weigh it, but if all this
will not serve the turn, put in a little
Rubarb, or a little Aloe succatrina.

The

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The manner of using this Powder.

In the morning when you rise take half a Spoonfull of it, as much at four a clock in the afternoon, and as much when you goe to bed, walk or stir much after the first taking of it, I mean every morning and evening, fast one hour after the taking of it, or more, and then eat some Sugar sops or thin broth.

The Patients Diet.

She must forbear Oatmeal in broth or any other thing, Cheese, Eggs, Custards, or any stopping meat. Take care that this be not given to any woman that hath conceived, or is with child.

A Drink to stanch blood inwardly.

Take the juyce of one handfull of Shepherds-purse, of Parsley, and Five-finger, of each as much, take five slips of Egrimony, strain all these juyces into the milk of a red Cow, and drink thereof early and late warm.

86 *A Choice Mannal, or,
A Pouder to keep the Tee'ib clean,
and from worm-eaten.*

Take Rosemary burned to ashes,
Cuttlcs Bone, Harts' horn burned
to pouder, *Sal gemmae* twelve penny
weight, the floures of Pomegranets,
white Corall, of each six penny
weight, make all these in pouder, and
with a little Rose-water, and a Sage
leat rub the Teeth.

*A salve to heal all manner of Sores
and Cuts.*

Take one pint of Turpentine, one
pint of oil Olive, a quarter of a pint
of running Water, nine branches of
Rosemary, one ounce of unwrought
Wax, two ounces of Rosin, seeth all
these together in a little pan over the
fire, let it seeth untill there arise a
little white scum upon it, then stir it
with a stick, suffering it to boil until
one quarter be consumed, then take
it from the fire, strain it through a
course cloth, but it must be done
quickly after it be taken from the fire
for cooling, after you have strained
it

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it into an earthen pot, let it cool, and keep it for your use.

To make Oil of Sage, good for the greif in any joynt, or for any ach.

Take Sage and Parsly, seeth them in the oil Olive, till it be thick and green.

A Medicine to purge and amend the Heart, Stomack, Spleen, Liver Lungs, and Brain.

Take Alexander, Water-creffles, young Mallows, Borage, and Fennell roots pared, Mercury, Harts-tongue, and Clary, and make of these Pottage.

To drive infectious Diseases from the heart.

Take Mithridate, and Century, of each two ounces, eight spoonfuls of Dragon-water, one pint of white Wine, seven spoonfuls of *Aqua vitæ*, boil all together a little, strain it, then set it on the fire again a little while, and drink of it morning and evening.

88 *A Choice Manual, or,
For the Tooth-ach.*

Take Pepper, and Grains, of each one ounce, bruise them, and compound them with the water of the diseased, and make it of a good thickness, and lay it outwards on the cheek against the place grieved, and it will help it for ever after.

Another.

Take dried Sage, make powder of it, burnt Allum, Bay Salt dried, make all in fine powder, and lay it to the tooth where the pain is, and also rub the gums with it.

For the Strangullion or the Stone.

Take the inner rind of a young ash, between two or three yeares of growth, dry it to powder, and drink of it as much at once, as will lie on a sixpence in Ale or white Wine, and it will bring present remedy: The party must be kept warm two hours after it.

For the Stone.

Take the stone that groweth within the gall of an Oxe, grate it, and drink

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drink of it in white Wine, as much as will lie upon a sixpence at once, for want of white Wine make a posset of Ale, and clarify the Ale from the curd, then boil one handful of Pellitory therein, and drink of the powder with it.

For the black Jaundies.

Take earth-Wormes, wash them in white Wine, then dry them, and beat them into powder, and put to a little Saffron, and drink it in beer.

A drawing Salve for an old Sore.

Take Rosin half a pound beaten to powder, Sheeps tallow one quarter of a pound, melt them together, and pour them into a Bason of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, drawing it up and down the space of one hour till it be very white, then make it up in rouls, and reserve it, to strike thin Plaisters upon old Sores.

90 *A Choice Manual, or,*

A Water to wash Sores withall.

Take Wormwood, Sage, Plantain leaves, of each one handfull, Allum two ounces, Honey two saucers full, boil all these together in three pints of water till half be consumed, then strain it, and reserve that liquor to wash the sore withall.

A Medicine to cure the Garget in the Throat.

Take a pint of May Butter, and put it on the fire in a posnet, and put into it of the inner bark of Elder one good handfull, and some Daisie roots, seeth it to half the quantity, and strain it, and so keep it cool, take this ointment and annoint your throat, then take the ointment, and strike a long plaister with it very thick of the ointment, then strike upon the ointment the best Jane Triacle, and upon that strew grosse Pepper very thick, strike it on with a knife, warm the plaister, and bind it round your throat to your eares, renew it once a day

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day with the ointment, and the Triacle, and Pepper, and lay it on again; before you use this ointment, scour your mouth and throat with the powder of Roch Allum burned, mix it with the powder of Madder or Pepper.

For the Hearing.

Take an Onion, take the core out of it, fill it with Pepper, slice it in the midst, being first wrapt in Paper and roasted in the embers, lay it to each ear.

For a dead Child in a Womans body.

Take the juyce of Hysop, temper it in warm water, and give it the Woman to drink.

For a Woman that hath her Flowers too much.

Take a hares foot, and burn it, make powder of it, and let her drink it with stale Ale.

A Medicine for the Gout.

Take Tetberry roots, and wash and scrape them clean, and slice them

90 *A Choice Manual, or,
A Water to wash Sores withall.*

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92 *A Choice Mannal, or,*

them thin, then take the greafe of a Barrow hog, the quantity of either alike, then take an earthen pot, then lay a lane of greafe in the bottome, then a lane of roots, then the greafe again, and so roots and greafe till the pot be full, then stop the pot very close, and set it in a dunghil one and twenty dayes, then beat it altogether in a boul, then boil it a good while, then strain it, and put in a penniworth of *Aqua vita*, then annoint the place grieved very warm against the fire.

A Diet drink for the running Gout, ach in the joynts, and for all infections.

Set seven quarts of water on the fire, and when it boileth, put therein four ounces of *Sarsaparilla* brui'd, and let it boil two hours very softly, close stopped or covered, then put in four ounces of *Sene*, three ounces of *Licorice* brui'd, of *Stacados*, *Hermiodisil*, *Epithymum*, and of *Camomil* floures, of every one half an ounce,

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ounce, and so boil all these two houres very softly, then strain it and keep it in a close vessel close stopped: when it is cold, then boil again all the aforesaid ingredients in seven quarts of water four houres, with a soft fire close covered, then strain it, and keep it as the other by it self, and take of the first a good draught one hour before you arise in the morning, and a draught at the beginning of dinner, and another at supper, and going to bed, and at all other times, drink of the latter when you list, and eat no meat but dry roasted Mutton, Capon, Rabbet, without Salt, and not basted, but to your breakfast, a poached Egg, no bread, but Bisket, or dried craft, and at night Raisins of the Sun, and bisket bread, drink no other drink but this.

A Plaister to heal any Sore.

Take of Sage, Hearb-grace, of each a like quantity, Ribwort, Plan-
tain

94 *A Choice Manual, or,*

tain, and Daisie roots, more than half so much of each of them, with Wax, fresh Grease, and Rosin, make it a Salve, if the flesh grow proud, then put alwayes upon the plaister, before you lay it to the sore, burnt Allum, and it will correct the flesh.

To cause a woman to have her sickness.

Take Egrimony, Motherwort, Avena, and Parsly, thred them small, with Oatmeal make Pottage of them with Pork, let her eat the Pottage, but not the Pork.

For the Stone.

Take the green weed of the Sea, which is brought with Oysters, wash it, and dry it to powder, drink it with Malmsey fasting.

To kill Wormes.

Take Aloe succatrina two ounces, let it stand in a quart of Malmsey eight houres, drink it morning and evening.

For

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For a hot Rheum in the head.

Take Rose-water, Vinegar, and Sallade oil, mix them well together, and lay it to the head warme.

For a Lask

Take the nether jaw of a Pike, beat it to powder and drink it.

For an Itch or any scurf of the Body.

Take Elecampane roots or leaves, stamp them, and fry them with fresh Grease, strain it into a dish, and annoint the Patient.

For one that is bruised with a fall.

Take Horse dung, and Sheeps suet, boil them together, and apply it to the same place, being laid upon a cloth.

For the Emeroides.

Take Hops and Vinegar, frie them together, and put it into a little bag, and lay it as hot as it may be endured to the Fundament, divers bags one after another, and let one continue at it.

For

96 *A Choice Manual, or,*
For one that is burned with Gun-
pouder or otherwise.

Take one handful of Groundsel,
twelve heads of Housleek, one pint
of Goose-dung, as much Chickens
dung, of the newest that may be got-
ten, stamp the Hearbs as small as
you can, then put the dung into a
morter, temper them together with
a pottle of Bores grease, labour them
together half an hour, and strain it
through a Canvas bag with a clest
stick into an earthen pan, and use it
when need requireth, it will last two
year.

To heal a prick with a Nail or Thorn.

Take two handfuls of Salendine,
as much Orpen, cut it small, and
boil it with oil olive, and unwrought
Wax, then strain it and use it.

To stop the bleeding of a cut or wound.

Take Hop, stamp it, and put it
into the wound, if Hop will not
doe

Rare Secrets in Physick. 97

do it, then put to it Vinegar with the Hop.

For a Scald.

Take the leaves of ground Ivie, three handfuls, Housleek one handfule, wash them, and stamp them in a stone Morter very small, and as you stamp them, put in one pint of Cream by little and little, then strain it, and put it in a pot with a feather; take of this and annoint the scalded place, and then wet a linnen cloth in the same ointment, and lay it on the place, and over that roul other clothes.

An Ointment for a Tetter.

Take *Sal armoniack* one ounce, beat it into fine powder, then mix it with Sope, and fresh Grease, of each two ounces, make an ointment and annoint the place.

For the singing in the head.

Take one Onion, cut out the core, and fill that place with the powder of Cummin, and the juice of Rue, set on the top again, and roast the
Onion

98 *A Choice Mannal, or,*
Onion in embers, then put away the
out-side, and put it in a cloth, wring
out the juyce, take black Wooll and
dip it in, put this into thine ear where
the ringing is, and if it be on both
sides, then serve one after another.

*A Drink for one that is weak, and
misdoubting a Consumption.*

Take three handfuls of Rosema-
ry, bruise it a little, and close it in
paste, bake it in an Oven untill it be
well dried, then cut the paste, and
take forth the Rosemary, infuse it in
two quarts of Claret Wine, with two
ounces of good Triacle, one ounce
of Nutmegs, of Cinnamon, and
Ginger, of each half an ounce bruised,
let them stand infused two nights
and one day, then distill it in a Lim-
beck, drink hereof one spoonful or
two next your heart.

A Drink for the Plague.

Take red Sage, Hearb-grace,
Elder leaves, red Briar leaves, of
each one handful, stamp them, and
strain

Rare Secrets in Physick. . 99

Strain them with a quart of white Wine, and then put to it *Aqua vita* and Ginger, drink hereof every morning one Spoonful, nine mornings together, & it wil preserve you.

For a bruise or Stitch.

Take the kernels of Walnuts & small nuts, Figs, Rue of each one handfull, white Salt the quantity of one Walnut, one race of Ginger, one Spoonful of Honey, beat them altogether very fine, and eat of it three or four times every day, make a plaister of it, and lay it to the place grieved.

A drink for one that hath a Rupture:

Take Comfery one good handfull, wilde Daisie roots as much, and the like of knotted grass, stamp all these together, and strain it with Malmſie, and give it to the Patient to drink morning and evening nine daies blood-warm: If it be a man that hath been long so, he must lie nine daies upon his back; and stir as little as he can: If he be a child

100 *A Choice Manuall*, or,
child, he must be kept so much lying as you may for nine dayes, if you think the drink too strong for the child, give it him but five daies in Malmsey, and the rest in stale Ale, have care that the party have a good Truss, and keep him trussed one whole year at the least.

A Plaister for a Rupture.

Take the juyce of Comfery, wild Daisie roots, and knotted grasse, of each alike quantity, fresh butter, and unwrought Wax, of each a like quantity, clarify them severally, then take of the root of Comfery, dry it, and make powder of it; take the powder of Annise seed, and Cummin seed, but twice as much Cummin seed as Annise seed, boil these powders in the Butter and unwrought Wax on a soft fire a good while, then put in your juyce, let it boil a walm or two, so take it from the fire, stir it altogether till it be cold, take hereof and spread it, and lay it to his Cods as hot as he can suffer it, and use this till

Rare Secrets in Physick. 101

till he be whole: this plaister is most excellent for a Child that is burst at the Navil.

GRATIOSA CURA.

A Water for a Cut or a Sore.

Take Honeysuckles the knots nip t
off, floures of Celending, floures of
red Sage, of each three spoonfuls,
Five-finger, Camphery such as is to
knit bones, Daisies with the roots
thereon, Ladder of Heaven, blou-
somes of Rosemary, Setwel, Hearb-
grace, Smallage, red Roses with the
knots on, or else red Rose-cakes,
Adders-tongue, of each of these one
handful, seeth all together in six gal-
lons of water that runneth towards
the East, until two gallons be sod in,
then strain them, and put to the wa-
ter three quarts of *English Honey*,
one pound of Roch. Allum, one pen-
niworth of Madder, one penniworth
of long Pepper, seeth all together
until one gallon be consumed, then
cleanse the water.

For

102 *A Choice Manual, or,
For the Wind-Collick.*

Take the flours of Walnuts, and dry them to powder, and take of them in your Ale or Beer, or in your Broth, as you like best, and it will help you.

*To make a sovereign Oil of a Fox
for the nummed Palsie.*

Take a Fox new killed, cased, and bowelled, then put into the body, of Dill, Mugwort, Cammomil, Cam-pits, Southernwood, red Sage, Origanum, Hop, Stecad, Rosemary, Costmary, Cowslip floures, Balm, Bettony, sweet Majoram, of each a good handful, chop them small, and put thereto of the best oil of Castor, Dill, and Cammomil, of each four ounces, mix the hearbs and oils, together, and strew over them *Aphro-nitum* a good handful, put them all into the Fox, and sew up his belly close, and with a quick fire roast him, and the Oil that droppeth out is a most singular Oil for all Palsies or numnesse. Approved.

To

Rare Secrets in Physick. 103

To comfort the Brain, and procure sleep.

Take brown bread crums, the quantity of one Walnut, one Nutmeg beaten to powder, one drachme of Cinnamon, put these into a Napkin, with two spoonfuls of Vinegar, four spoonfuls of Rose-water, and one of womans Milk.

For the weaknesse in the Back.

Take the pith of an Oxe back, put it into a pottle of water, then seeth it to a quart, then take a handfull of Comphelly, one handfull of knotted grass, one handfull of Shepherds-purse, put these into a quart of water, boil them unto a pint, with six Dates boiled therein.

For a Canker in any part of the Body.

Take Filberd Nut leaves, Lavender-cotten, Southernwood, Wormwood, Sage, Woodbine leaves, Sweet Bryar leaves, of each alike quantity,

F

of

104 *A Choice Manual, or*
of Allum, and Honey a good
quantity, seeth all these till they
be half sodden, wash the sore with it.

For an old Bruise.

Take one Spoonful of the juyce
of Tansie, and as much Nip, two
penniworth of *Sperma Ceti*, put it
into a little Ale, and drink it.

*Oil of Foxes, or Badgers, for Ach
in the Joints, the sciatica, dis-
eases of the Sinews; and pains
of the Reins, and Back.*

Take a live Fox, or Badger, of a
middle age, of a full body, well fed,
and fat, kill him, bowel & skin him,
some take not out his bowels, but
onely his excrement in his guts,
because his guts have much grease
about them, break his bones small
that you may have all the marrow
this done, set him a boyling in salt
Brine, and Sea water. & salt water,
of each a pint & a half, of oil three
pints, of Salt three ounces, in the
end of the decoction put thereto
the

Rare Secrets in Physick. 105

the leavs of Sage, Rosemary, Dill, Origany, Majoram, and Juniper Berries, and when he is so sodden as that his bones and flesh do part in sunder, strain all through a strainer, and keep it in a vessel to make Linaments for the ach in the joynts, the Sciatica, diseases of the Sinews, and pains of the reins and back.

To make the Leaden Plaister.

Take two pound and four ounces of oil Olive of the best, of good red Lead one pound, white lead one pound well beaten to dust, twelve ounces of Spanish Sope, and incorporate all these well together in an earthen pot, well glazed before you put them to boil, and when they are well incorporated, that the Sope cometh upward, put it upon a small fire of coals, continuing the fire for the space of one hour and a half, still stirring it with an Iron Ball upon the end of a stick, then make the fire somewhat bigger, un-

106 *A Choice Manual, or,*

till the redness be turned into a gray colour, but you must not leave stirring till the matter be turned into the colour of oil, or somewhat darker, then drop of it upon a wooden trencher, and if it cleave not to the finger it is enough, then make it up into rouls, it will keep twenty years, the older the better.

The vertue of the Plaiſter.

The same being laid upon the stomach provoketh appetite, it taketh away any grief in the stomach, being laid on the Belly is a present remedy for the Collick, and laid unto the reins of the back, it is good for the bloody flux, running of the Reins, the heat of the Kidnies, and weaknes of the back, the same healeth all swellings, bruises, and taketh away ach, it breaks Felons, pusses, and other Imposthumes, and healeth them, the same draweth out any running humour without breaking the skin, and being applied to the fundament, it healeth any disease

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disease there growing, being laid on the head is good for the Ulula, it helpeth the head-ach, and is good for the eyes.

For a pricking of a thorn.

Take fine Wheat flower bouked, temper it with Wine, and seeth it thick, lay it hot to the sore.

A Medicine for the Plague.

Take a pint of Malmfie, and burn it well, then take about fix spoonfulls thereof, and put to the quantity of a Nutmeg, of good Triacle, and so much spice grains beaten, as you can take up with the tops of your two fingers, mix it together, and let the party sick drink it blood-warm, if he be infected it will procure him to cast, which if he do, give him as much more, and so still again and again, observing still some quantity, till the party leave casting, and so after he wil be well, if he cast not at all, once taking it enough, and probably it is not the sickness; after the party hath left

F 3

casting

108 *A Choice Manual*, or,
casting, it is good to take a compe-
tent draught of burnt Malmſie a-
lone with Triacle and gralns, it
will comfort much.

Another Medicine for the Plague.

Take of Setwell grated one root,
of Jane Triacle two spoonfuls, of
Wine Vinegar three spoonfuls, of
fair water three spoonfuls, make all
these more then luke-warm, and
drink them off at once well steeped
together, sweat after this six or seven
hours, and it will bring forth the
Plague sore.

To break the Plague sore.

Lay a roasted Onion, also seeth a
white Lillie root in Milk, till it be
as thick as a Poultesse, and lay it to
the same, if these fail, launce the
sore and so draw it and heal it with
salves for Botches, or Biles.

*To make a Salve to dresse any
Wound.*

Take Rosin and Wax of each
half a pound, of Deer Suet, and
Frankincense, of each one quarter
of

Rare Secrets in Physick. 109

of a pound, of Mistick in powder one ounce, boil all these in a pint of white Wine half an hour with a soft fire, and stir it in the boiling, that it run not over, then take it from the fire, and put thereto half an ounce of Camphire in powder, when it is almost cold put thereto one quarter of a pound of Turpentine, after all these be mingled together, then put it into white Wine, and wash it as you wash Butter, and then as it cools make it up in rous.

A most excellent Water for Sore eyes.

Take a quart of Spring water, set it upon the fire in an earthen Pipkin, then put into it three spoonfulls of white salt, and one spoonful of white Coperas, then boil them a quarter of an hour, scum it as it doth boil, then strain it through a fine linnen cloth, and keep it for your use.

When you take it you must lie
F 4 down

110 *A Choice Manual* , or
down upon the bed, and drop two
drops of it into your eye, so rest one
quarter of an hour, not wiping your
eyes, and use it as often as need
shall require.

If the eye have any Perle or Film
growing upon it, then take a hand-
full of red double Daisie leaves, and
stamp them & strain them through
a linnen cloth, and drop thereof one
drop into your eye, using it three
times.

A Plaister for one that is bruised.

Take half a pint of Sallade oil,
or Neats-foot oil , half a pint of
English Honey, two or three penni-
worth of Turpentine, a good quan-
tity of Hogs grease , two or three
penni-worth of *Bolc Armoniack* ,
half a pint of strong wine Vinegar,
half a dozen of Eggshells , and all
beaten very small, one handfull of
white Salt , put all these together
into an earthen pot, and stir and
mingle them together exceeding
well, then as much Bean flower, or
Wheat

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Wheat flower as will thicken it plaister-wise, then with your hand strike it on the grieved place once a day, and by Gods help it will ease any sore that cometh by means of striking, wrinching, bruising, or other kind of swelling that proceedeth of evil humours.

Balm water for a Surfeit.

Take two gallons of strong Ale, and one quart of Sack, take four pound of young Balm leaves, and shred them, then take one pound of Annise seeds, and as much Liquorice beaten to powder, put them all into the Ale & Sack to steep twelve hours, put it into a Limbeck, and so still it, it is good for a Surfeit of choler, for to comfort the heart, and for an Ague.

A Restorative Water in sickness the Patient being weak.

Take three pints of very good new milk, & put thereto one pint of very good red Wine, the yolks of 24 Eggs, and beat them together, that

112 *A Choice Mannall*, or,
done, put in as much fine Manchet
as shall suck up the Milk and Wine,
then put the same into a fair Stillat-
ory, and still it with a soaking fire,
and take a spoonful of this water in
your Pottage or drink, and this in
one or two moneths will prevent
the Consumption.

*To make a Caudle to prevent the
Lask.*

Take half a pound of unblanch'd
Almonds, stamp them, and strain
it into a quart of Ale, and set it on
the fire, then take the yolks of four
Eggs, and make it for a Caudle, and
season it with a good quantity of
Cinnamon and Sugar, and eat it e-
very morning at breakfast.

*For one that cannot make water,
and to break the Stone.*

Take a Raddish root, and slice
it thin, and put it into a Pint of
white Wine, and let it infuse six or
seven hours, then strain it, and set
it on the fire, and put thereto one
Parsley root, and one spoonful of
Parsley

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Parsley feed, and half a handfull of Pellitory of the wall, and seeth it until half be wasted, and give it luke-warm to drink.

The Diet against Melancholy.

Take Sene eight ounces Rubarb six drachms, Polipodie of the Oak, Sarsaparilla, and Madder roots, of each four ounces, Annise seeds, Fennel seeds, *Epithimum*, of each one ounce, Mace, Cloves, and Nutmegs, of each two ounces, Egrimony, Scabios, and red Dock roots, of each one handfull, make them all small, & put it into a long narrow bag of boultter, hang it in a vessel of Ale that containeth six gallons, when it is a week old, drink it morning & evening for the space of one fortnight, keep you all that time warm, and a good diet.

A Sirupe to open the Liver.

Take Lungwort, Maidenhair, Egrimony, Scabios, of each one handfull, Chamepitis, Hyssop, of each

114 *A Choice Manual*, or,
each a dozen Crops, Endive, and
Succory, of each three or four leaves,
of young Fennel and Parsly, of each
one root, one stick of Liquorice,
one spoonfull of Barberries clean
washed, one spoonfull of Annise
seeds, twenty Raisins of the Sun
stoned, boil all these in a pottle of
water to a quart, then strain it, and
put thereto of the best Sugar one
quarter of a pound, Conserve of Vi-
olers one ounce, and so boil it as
long as any scum ariseth, then strain
it againe, and use this very warm.

For one that cannot make water.

Take the seeds of Parsly, of red
Fennel, of Saxifrage, of Carra-
ways, of the kernel of Hip berries, of
each a like quantity, put in some
pouder of Jet, mingle these, being
beaten to pouder, well together, and
drink it in stale Ale luke-warm.

To make Aqua Composita.

Take of Annise seeds and Li-
quorice bruised, of each half a
pound

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pound, Thyme, and Fennel, of each half a handfull, Calamint two handfuls, Coriander, and Carraway seeds bruised, of each two ounces, Rosemary, and Sage of each half a handfull, infuse these a whole night in three gallons of red Wine, or strong Ale, then still it in a Limbeck with a soft fire

An Ointment for a swelling,

Take of marsh Mallowes, of Wormwood, of Smallage, of each one handfull, boil it with one pound of the greace of a barrow Hog untill it be very green, then strain it, and keep it very close. Lady Pawlet.

A Plaiſter for the Back

Take half a pint of Oyle of Roses, four ounces of white Lead ground into fine powder, put your Oyle into a clean posnet, and set it on the fire, and when it is warm, put in your white Lead, ever stirring it, then put into it of your Wax one quarter, stir it untill it be

116 *A Choice Manual*, or,
be black, then take it from the fire,
and in the cooling put thereto two
pennyworth of Camphire, of white
Sinders, and yellow Sanders, of
each the weight of four pence, fine
Bole, and *Terra sigillata*, of each two
penny weight, in fine powder all, still
stirring it till it be almost cold, and
so make it up in rouls: use it as need
requires, for all weakness, waiting,
or heat in the Kinedyes. *Cranish*.

To make Oyl of Swallows.

Take one handfull of Mo her-
Thyme, of Lavender-cotten, and
Strawberry leaves, of each alike,
four Swallows, feathers and alto-
gether well bruised, three ounces
of Sallade oyl, beat the Hearbs, and
the Swallows, feathers; and altoge-
ther, until they be so small that you
can see no feathers, then put in the
oyle, and stirre them well together,
and seeth them in a posnet, and
strain them through a canvas cloth,
and so keep it for your use.

For

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For a Thorn, Fellen or Prick.

Take the juyce of Featherfew, of Smallage, of each one Saucer full, put to it as much of Wheat flower as will make it somewhat thick, and put to it of good black Sope the quantity of one Walnut, mingle them together, and lay them to the sore.

A Drink for one that hath a Rupture.

Take the Comfili, otherwise called Bonesel, a pretty handfull, of Woodbitten, as much, Bread, Plain, and leaves of Cammock, somewhat more than a handfull, of Ver-via as much as of the Cammock, of Dallsie roots a small quantity, of Elder tops, or young buds, the least quantity, stamp all these together, and put unto them, being stamped, one pint of pure white Wine, then strain it and drink of it morning and evening, one hour or more before breakfast or Supper, a good draught blood-warm.

If

If it be a sucking Child, let the Nurse drink posset-ale of the afore-said drink, and let the Child suck immediately; If it be an old body, let him take it lying in his bed nine da yes, if it may be conveniently, or otherwise to use no straining.

For a Lask or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, seeth these half a way, and give the Patient six spoonfulls to drink morning and evening, if you think it to be too harsh put in a piece of Sugar.

A Lotion water for the Canker.

Take one gallon of pur Water, four handfuls of Woodbine, of Marigolds, and Tetfall, of each two handfuls, of Celendine, Rue, Sage, and Egrimony, of each one handful, boil all these to a quart, then strain it, and put thereto two great spoonfulls of the best English Honey, and one ounce of Roch Allum,

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Allum, boile them all againe as long as any skum ariseth, then take it off, and put it in a close bottle, and use it bloud-warm when need requireth.

For the Mother.

Take three or four handfuls of Ferne that groweth upon a house, seeth it in Renish Wine till it be well sodden, then put it in a linnen cloth, and lay it to her Navell, as hot as she may suffer it, four or five times.

A Water for all old Sores.

Take Honey suckles, water Betony, Rosemary, Sage, Violet leaves, Elder leaves, cut them all small together, and seeth them in a quart of running water, put thereto two spoonfuls of Honey, and a little Allum.

For one that hath a great heat in his Temples, or that cannot sleep.

Take the juyce of Houseleek, and of Lettice, of each one spoonfull, of
WOMANS

120 *A Choice Mannal*, or,
womans Milk six spoonfuls, put
them together, and set them upon a
Chafing-dish of coals, and put
thereto a piece of Rose-cake, and lay
it to your temples.

To quench or slack your thirst.

Take one quart of running wa-
ter out of the Brook, seeth it, and
skum it, put thereto five or six
spoonfuls of Vinegar, a good quan-
tity of Sugar and Cinnamon, three
or four Cloves bruised, drink it
luke-warm.

*For one that hath a great heat in
his hands and stomach.*

Take four Eggs, roast them
hard, peel them, lay them in Vine-
gar three or four hours, then let
the sick man hold in either hand
one of them, and after some space
change them and take the other, and
it will allay the heat.

*Against all aches, and especialiy of
a womans breast.*

Take Milk, and Rose leaves, and
set them on the fire, and put thereto
Oat-

221 *Rare Secrets in Physick.*

Oatmeal, and oyle of Roses, boyle them till they be thick, and lay it hot under the sore, and renew it so till it be alwayes hot.

For the Ptiſick and dry Cough.

Take the Lungs of a Fox, beat them to powder, take of Liquorice and Sugar-candy a good quantity, a small quantity of Cummin, mix these all well together, and put them in a bladder, and eat of it as often as you think good in the day.

To take away Warts.

Take Snails that have shells, prick them, and with the juyce that cometh from them rub the Wart every day for the space of seven or eigh days, and it will destroy them.

A perfect Water for the sight.

Take Sage, Fennell, Vervin, Betony, Eyebright, Pimpernell, Cinquefoil, and Hearbgrace, lay all these in white Wine one night, still it in a Stillatory of glass, this water did restore the sight of one that was blind three years before.

To

122 *A Choice Mawall, or,*
To restore the hearing.

Take Rue, Rosemary, Sage, Vervain, Majoram, of each one handfull, of Cammomil two handfulls, stamp them, and mould them in Ric dough, make thereof one loaf, bake it as other bread, and when it is baked, break it in the midst, and as hot as may be suffered bind it to your eares, and keep them warm and close one day or more, after it be taken away, forbear yee to take cold.

For a Felon in the Ioynts.

Take Rue, Fetherfew, Bores grease, Leaven, Salt, Honey, six leaves of Sage, shred them altogether small, then beat them together, and lay it to the sore place.

To comfort the Braines, and to procure sleep.

Take a red Rose-cake, three spoonfulls of white Wine Vinegar, the white of one Egg, three spoonfulls

123 *Rare Secrets in Physick.*

fuls of Womans milk, set all these on a Chafing dish of coales, heat them, and lay the Rose-cake upon the dish, and let them heat together, then take one Nutmeg, and strew it on the Cake, then put it betwixt two clothes, and lay it to your forehead as warm as you may suffer it.

A Medicine for a sore head with a Scald.

Take one peck of Shoemakers shreds, set them over the fire in a Brass pan, put water to them, and seeth them so long as any Oyle will arise, and evermore be scumming off the Oyle, then take Plaintain, Ribwort, Housleek leaves, ground Ivie, knotted grass, wild Borrage, Tutstan, Heatb Bennet, Smallage, Setwel leaves, of every one a like quantity, and beat them in a mortar and strain them, then take half a penniworth of Rosin, half a penniworth of Allum, a little Virgins Wax, beat them, and put them in-
to

124 *A Choice Manual*, or
to a pan, and set it over the fire, put
thereto the Herbs and the Oyle,
let them seeth till all be melted, then
strain them into a pan, and stirre
them till they be cold, and put it in-
to a box for your use, when you
dresse your head heat a little in a
saucer, annoint it every day twice,
pull out the hairs till stand upright,
and with a linnen cloth wipe away
the corruption.

*A Salve for a green Wound, or old
Sore.*

Take the leaves of green To-
bacco two pounds, of Valerian two
pound, beat them very small, then
strain them, and take the juyce
thereof, put one pound of yellow
Wax, one pound of Rosin, one
pound of Deer suet, boyle them to-
gether till they be very green, and
when it is half cold, put to it a quar-
ter of a pound of Turpentine, and
keep it for your use,

For

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*For the Running of the Reins,
Approved.*

Take the Rows of red Herings,
dry them upon the coals till they
will beat to powder, then give it
to the Patient to drink in the morn-
ing fasting, as much as will ly upon
shilling in five spoonfuls of Ale or
Wine, be he never so weak.

*For the burning and pricking in the
Soles of the Feet.*

Take half a pound of Barrows
grease, two handfuls of Mugwort
chopped very small, boyle it with
the Barrows grease upon a soft fire,
by the space of four hours, then
strain it from the Mugwort, and
put it up in an earthen thing for
your use, and annoint your feet as
you go to bed.

*A Medicine for any Heat, Burning,
or Scalding: Approved.*

Take half a pint of the best
Cream you can get, and set it in a
fair Posnet upon the fire, then take
two good handfuls of Daisie roots,
leaves

126 *A Choice Manual*, or,
leaves and all, clean washed, and
- vere finely shred, put them into the
same Posnet, and boyle it upon the
fire, until it be a clear ointment,
then strain it through a cloth, and
keep it for your use.

*To make Aqua Composita to drink
for a Surfet, or a cold Stomack, and
to avoid flegm, and glut from Sto-
mack.*

Take one handfull of Rosemary,
one good root of Elecampane, one
handfull of Hop, half a handfull of
Thyme, half a handfull of Sage, six
good crops of red Mints, and as
much of pennyroyal, half a hand-
full of Horehound, six crops of
Majoram, two ounces of Liquorice
well bruised, and so much of An-
nise seeds, then take three gallons of
strong Ale, and put all the aforesaid
things, Ale & Hearbs, into a brass
pot; then set them upon the fire, and
set your Limbeck upon it, and stop
it close with paste, that there come
no air out, and so keep it with a
soft

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soft fire, as other *Aqua vite*.

For an Ach in the Ioynts.

Take clarified Butter a quarter of a pound, of Cummin one pound, black Sope a quarter of a pound, one handfull of Rue, Sheeps feet two ounces, Bay Salt one spoonfull, bray these together, then fry them with the gall of an Oxe, spread it on a plaister, and lay it on as hot as you can, and let it lie seven dayes.

A Plaister to lay to the head for a Rheum which runneth at the eyes.

Take the powder of Rose leaves, Rose-water, and Bettony-water, of each a like quantity, and a little Vinegar, put your pouders into the Water and Vinegar, stir them, and temper them, and make them in a Plaister, and put to it a little powder of *Terra sigillata*.

A Water to be used with the Plaister abovesaid for the same purpose.

Take one quart of new Milk,

128 *A Choice Manual; or,*
two pound of green Fennel, a quarter of a pound of Eyebright, put the herbs and milk into a Stillatory, cast half an ounce of Camphire thereon, and with this Water wash your eyes and temples.

* *For the Emeroids : Approved.*

Take a piece of tawny cloth, burn it in a frying-pan to powder, then beat it in a Morter as fine as may be, searce it, then lay it on a brown paper, and with spittle make it plaister, wise, and lay it to the place, and trusse it up with clothes.

To break any Sore.

Take hot bread to the quantity of a farthing loaf, grate it, put thereto Sallade oil three or four spoonfuls, and a pint of Milk, and seeth them together to a good thicknesse, spread it on a cloth, and lay it to the sore, in stead of Sallade oyle you may use Deer-suet.

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A Bath for an Ach in the Back and Limbs.

Take Mugwort, Vervain, Fetherfew, Dill, Rosemary, Burnet, Tunhoof, Horehound, and white mints, Senkill, and Sage, of each one handfull, seeth all these in four gallons of running water, and let it seeth till one gallon be wasted, then bath your legs with it five nights together.

A Medicine for any joynt that is numbe with any Ach, Approved.

Take Virgin Wax one ounce, Verdigrease half a quarter of an ounce, Brimstone, Sops, oil of Eggs, of Allum, of Honey, of each a like quantity, temper them altogether, and lay it upon the place grieved somewhat warm.

A Medicine for a Fellon of any finger.

Take as much bay Salt as an Egg, wind it in gray Paper, lay it in the embers a quarter of an hour, then

130 *A Choice Manual*, or
beat it in a mortar very fine, then
take the yolk of a new laid Egg, beat
it with this powder untill it be very
stiffe, spread it upon a cloth, lay it
upon the joynt griev'd twenty four
houres, and so dresse it three times.

For a Boil or Pust.

Take the yolk of a new laid Egg,
a little English Honey, put it into
the shell to the yolk, put in as much
Wheat meal as will make it to
spread, then take one branch of Rue,
and one of Fetherfew, shred them
very fine, and put it to the same Me-
dicine, stir them very well together,
spread it upon a piece of leather, and
lay it to the place grieved.

*An Electuary to cause good digesti-
on, and to comfort the stomack.*

Take Setwell, and Gallinal, of
each three slices, Nutmegs, Gin-
ger, and Cinnamon, of each two
slices, three Bay berries sliced fine
and

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and husked, three slices of Liquorice, half a spoonful of Annise seeds clean dusted, one long Pepper cut small, white Pepper six graines, as much black Pepper, beat them all into a grosse powder, then put thereto two graines of Musk, one grain of Amber-greece, then take Mint water and Sugar, boil them together, and when they are come to the right perfection of thicknesse, put in those pouders above mentioned in the cooling, with a little conserve of Rosemary floures, of this take the quantity of a Nutmeg, halt an hour before you eat or drink at meales.

A Powder for the Rheum, or sore Eyes.

Boil one pint of Hop-water, made when the Hop is in the floure, till it be scalding hot, then put into it half a pound of Liquorice in very fine powder, the Water being taken from the fire, for the Liquorice must not boil in the Water, stir them toge-

132 *A Choice Manuall*, or,
ther till the Water be clean consu-
med, then add to them of Annise
seeds, and Fennel seeds, of each half
a pound made into very fine pou-
der, through a Searce, Angelica
roots, Elicampane roots, and leaves,
and floures, of Eyebright made into
very fine powder, of each one ounce
and a half, mingle these together, and
so keep it close, and when you eat of
this powder, weigh out of the whole
quantity two ounces, whereunto
add as much good *Aqua vitæ* as will
moisten it, or Angelica-water, or
Rosa solis, to keep it from being mu-
sty, set it near the fire; eat of this
powder at any time as much as you
may take up with a groat, and it is
special good for the Rheum, for
Cold, or for sore Eyes, *Mr. Bendlow*.

A Salve for any Wound.

Take Rosin, Perrosin, Wax, of
each eight ounces, of Sheeps suet,
and Frankincense, of each four
ounces,

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ounces, one ounce of Mastik made in powder, boil all these in a pint of white Wine half an hour, then take it from the fire, and put thereto half an ounce of Camphire in powder; when it is almost cold, put thereto four ounces of Turpentine and make it up in roulees, but before it be rouleed you must wash it up in running water. *A. T.*

How to deliver a Child in danger.

Take a Date stone, beat it into powder, let the Woman drink it with Wine, then take Polipody and emplaister it to her sect, and the Child will come whether it be quick or dead; then take Centory, green or dry, give it the Woman to drink in Wine, give her also the Milk of another Woman.

A most singular Sirupe for the Lungs, and to prevent a Consumption

Take Egrimony, Scabios, Borrage, Buglosse, of each twenty leaves, Fale-foot, Lungwort,

134 *A Choice Manual, or,*
Maiden-hair, of each half a handfull,
Succory, and Endive, of each six
leaves. of *Cardus benedictus*, Hore-
hound. Nip, of each four crops un-
der, Hip half a handfull, Fennell
roots, Parsly roots, Smallage roots,
of each three roots sliced and the
piths taken out, Elecampane four
roots sliced, Iris roots half an ounce
sliced, Quince seeds one ounce, Li-
quorice three good sticks scraped
and sliced small, twenty Figs sliced,
Raisins of the Sun one good hand-
full sliced, and the Stones taken out,
boile all these in a gallon of running
water till half be consumed, then
take it from the fire and let it settle,
then strain it, & boile it againe with
as much white sugar as will make it
thick as sirupe, that it may last all
the year.

A Pouder for the Stone.

Take Hawes, and Hips, of each
a good handfull, All en keyes half
a handfull, three or four Acorns,
the

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the Shells of three new laid Eggs, Grunwell seeds, Parsly seeds, of each half an ounce, Peritone a good handfull, Camock roots half a handfull, make all these in fine powder, then putthereto two ounces of Sugar-candy beaten something small, take a sixpenny weight of this powder at a time in the morning fasting, and drink not after it one hour.

For the Collick and Stone.

Take one handfull of *Philipendula*, of Rosemary, of Saxifrage, of Ivy growing on the wall, of Harts-tongue, of Thyme, of Parsly, of Scabias, of each four handfulls, of Marigolds one handfull, of Majoram three handfulls, of brown Fennel, of Londebeef, of Spernits, of Borrage, of each two handfulls of Maiden-hair three handfulls, still all these in *May*, keep it in a glasse till you have need of it, then take of it five spoonfulls, and three of white Wine, and of clean powder

136 *A Choice Manual*, or,
det of Ginger half a spoonful, put
these together, and warm it luke-
warm, and let the Patient drink it
in the morning two houres before
he rise out of his bed, let him lay
more clothes upon him, for it will
provoke him to sweat, after the sweat
is gone, let him rise and walk whe-
ther he will.

*A good water to drink with Wine,
or without, to cool Choler.*

Take Borage roots, and Succory
roots, of each two, wash and scrape
them fair and clean, and take out
their cores, then take an earthen pot
of two galloas, fill it with fair spring
water, set it on a fire of charcoal,
put the roots in it, and eight penny-
worth of Cinnamon; when it be-
ginmeth to seeth, put into it four
ounces of fine sugar, and let it seeth
half an hour, then take it off, let it
cool, and drink hereof at your
pleasure.

How

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*How to make Aqua Composita for
the Collick and Stoue.*

Take strong Ale one moneth old,
as many gallons as your pot will
hold, and for every gallon take two
ounces of Liquorice, and as much
Annise seeds, and of these Hearbs
following two handfuls of each to
every gallon, of Birch leaves, Bur-
net, Pasphere, Pellitory of the wall,
Watercresses, Saxifrage, Grumwel,
Phitipendula, Penny-royal, Fennel,
half a root of Elicampane; of Hawes
of Hips, of Berries, and Brambles,
and Berberries of each half a pint,
distill them as you do other *Aqua
vita*.

A Medicine for the Collick passion.

Take the smooth leaves of Holly,
dry them and make them into pou-
der, of Grumwel seed, and of Box-
seed, of each a little quantity, let
the Patient drink hereof.

*How to take away the fervent sha-
king and burning of an Ague.*

Take of the rind of the Wilding
tree,

138 *A Choice Manual, or,*
tree, with the leaves in Summer, of
each half a handfull, as much Bet-
tony three crops of Rosemary, seeth
them in a quart of posset Ale to a
pint, and let the sick drink of this as
hot as he can, and so within three
times it will ease him.

*For the hardnesse or stiffenesse of
Sinewes.*

Take twelve fledg'd Swallowes
out of the nest, kill them, beat them
feathers and all in a Morter, with
Thyme, Rosemary, and Hop, then
seeth them with May butter a good
while, then strain them through a
strainer as hard as you can, and it
will be an ointment, take the strings
that grow out of the Strawberries &
beat them amongst the rest.

How to stay the Flux.

Take white Starch made of Wheat
two or three spoonfulls, and take also
new Milk from the Cow, stir these
together, and let them be warmed a
little, and give it to the party grie-
ved

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ved in manner of a glistier, a present remedy.

An approved medicine for the Plague, called the Philosophers Egg, it is a most excellent Preservative against all Poysons, or dangerous Diseases that draw towards the Heart.

Take a new laid Egg, and break a hole so broad as you may, take out the white clean from the yolk, then take one ounce of Saffron and mingle it with the yolk, but be careful you break not the shell, then cover it with another piece of shell so close as is possible, then take an earthen pot with a close cover, with warm embers, so that the shell be not burned, and as those embers do cool, so put in more hot, and do so for the space of two dayes untill you think it be dry, for proof whereof you shall put in a Pen, & if it come out dry it is well, then take the Egg and wipe it very clean, then pare the shell from the Saffron, and set it
before

140 *A Choice Manual*, or,
before the fire, and let it be warm,
then beat it in a Morter very fine,
and put it in by it self, then take as
much white Mustard seed as the
Egg and Saffron, and grind it as
small as meal, then searce it through
a fine boulder, that you may save
the quantity of the Egg so searced,
then take a quarter of an ounce of
Dittany roots, as much of Tur-
mentil, of *Nuces Vomicae* one
drachm, let them be dried by the
fire as aforesaid, then stamp these
three last severally, very fine in a
Morter, then mix them three well
together, after that take, as a
thing most needfull, the root of
Angelica and *Pimpernel*, of each
the weight of sixpence, make them
to powder, and mix them with the
rest, then compound therewith five
or six scruples of Unicorns horn, or
for want thereof Harts-horn, and
take as much weight as all these
fine pouders come to, of fine Tria-
cle, and stamp it with the pouders
in

Rare Secrets in Physick. 141

in a Morter, untill all be well mixt and hang to the Pestle, and then it is perfectly made, then put the Electuary in a stone pot well sealed, and so it will continue twenty or thirty yeares, and the longer the better.

How to use this Electuary.

First when one is infected with the Pestilence, let him take, so soon as he can, or ever the disease infect the heart, one crown weight in gold of this Electuary, and so much of fine Triacle, if it be for a man, but if it shall be for a woman or child, take lesse, and let them be well mixed together, and if the disease come with cold, give him this Electuary with half a pint of white Wine warm, and well mixed together, but if it come with heat, then give it him with Plantain water, or Well water and Vinegar mixt together, and when he hath drunk the same, let him go into his naked bed, and put off his shirt, and cover him

warm.

142 *A Choice Manual, or,*
warm but let his bed be well warm-
ed first, and a Hot double sheet
wrapped about him, and so let him
sweat seven, eight, or ten houres, as
he is able to endure, for the more
he doth sweat the better, because the
disease fadeth away with the sweat;
but if he cannot sweat, then heat
two or three Bricks or Tiles, and
wrap them in moist clothes wet
with water and Salt, and lay them
by his sides in the bed, and they
will cause him to sweat, and as he
sweateth, let it be wiped from his
body with dry hot clothes being
conveyed into the bed, and his sweat
being ended, shift him into a warm
bed with a warm shirt, and all fresh
new clothes, using him very warily
for taking of cold, and let his clothes
that he did sweat in be well aired
and washed, for they be infectious;
and let the keeper of the sick beware
of the breath or air of the party
in the time of his sweating, there-
fore let her muffle her self with
double

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double old cloth, wherein is Worm-wood, Rue, Featherfew, crums of four bread, and Vinegar, and a little Rose-water, beat all these together, and put it into the muffler, made new every day while you do keep him, and let the sick party have of it bound in a cloth to smell on while he is in sweat, then after do it away and take a new, and because he shall be faint and distempered after his sickness, he shall eat no flesh, nor drink Wine the space of nine dayes, but let him use the conservatives for his health, as Conserve of Bugloss, Borrage, and red Roses, and especially he shall drink three or four daies after he hath sweat, morning and evening, three ounces of the juyce of Sorrel mixed with an ounce of Conserve of Sorell, and so use to eat and drink whatsoever is comfortable for the heart, also if one take the quantity of a Pea of the said Electuary with some good Wine, it shall keep him from the infection: therefore

144 *A Choice Manual, or,*

therefore when one is sick in the house of the Plague, then so soon as you can, give all the whole household some of this receipt to drink, and his keeper also, and it shall preserve them from the infection, yet keep the whole from the sick as much as you can, beware of the clothes and bed that the sick party did sweat in.

To make Balm water.

Take four gallons of strong Ale and stale, half a pound of Liquorice, two pound of Balm, two ounces of Figs, half a pound of Annise seeds, one ounce of Nutmegs, sliced the Balm and Figs very small, and let them stand steeping four & twenty hours, and then put it in a Still as you use *Aqua vitae*.

To make Doctor Stephens water.

Take one gallon of good Gascoine Wine, or Ginger, Galingal, Nutmegs, Graines, Annise seeds, Fennel seeds, Carraway seeds, Sage, Mints, red Roses, garden Thyme, Pellitory, Rosemary, wild Thyme,
Penny-

Rare Secrets in Physick. 145

Pennyroyal, Cammomil, Lavender, of each one handfull, bray your Spices small, and chop the hearbs before named, and put them with the spices into the Wine, and let it stand twelve houres, stirring it very often, then still it in a Limbeck, closed up with course paste, so that no air enter, keep the first water by it self, it is good so long as it will burn.

*An Ointment for any strain in the
Foynts, or for any sore.*

Take three pound of fresh Butter unwashed, and set it in an Oven after the bread be drawn out, and let it stand two or three houres, then take the clearest of the Butter, and put it into a Posnet, then take the tops of red Nettles as much as will be moistened with the Butter, and chop them very small, and put them into the Butter, set it on the fire, and boil it softly five or six houres, and when it is so boiled, put thereto half a pint of pure oil Olive, and then
boil

146 *A Choice Manual*, or,
boil it a very little, and take it off,
and strain it into an earthen pot,
and keep it for your use.

If you think good, instead of Nettles onely, you may take these hearbs Cammomil, Rosemary, Lavender, Tun-hoof, otherwise Ale-hoof, Five-finger, Vervain, and Nettle tops.

For an Ague.

Take the inner bark of a Walnut tree, a good quantity, boil it in beer untill the beer look black, and then take a good draught and put it into a pot, then take six spoonfuls of Sal-lade oil, for an extream Ague, brew it too and fro in two pots, then drink it, and let the party labour at any exercise untill he sweat, then let him lie down upon a bed very warm, untill he hath done sweating, this doe three times when the Ague cometh upon him.

A Pouder against the Wind in the Stomack.

Take Ginger, Cinnamon, and Gal-

Rare Secrets in Physick. 147

Gallingal, of each two ounces, Annise seeds, Carraway, and Fennel seeds, of each one ounce, long Pepper, Graines, Mace, and Nutmegs, of each half an ounce, Serwel half a drachm, make all in powder, and put thereto one pound of white Sugar, and use this after your meat, or before at your pleasure, at all times it comforteth the stmoack marvellously, carrieth away wind, and causeth good digestion.

For a Pin and Web in the Eye.

Take the white of an Egg, beat it to oyle, put thereto a quarter of a spoonful of English Honey, half a handful of Daisie leaves, and in winter the roots, half a handful of the inner rind of a young Hazle, not above one yeares growth, beat them together in a Morter, and put thereto one spoonful of womans Milk, and let it stand infused two or three houres, and strain all through a cloth, and with a feather drop it into the eye thrice a day.

For

148 *A Choice Manual, or,*
For bloud-shotten, and sore Eyes;
coming of heat.

Take *Tutty* of *Alexandrina*, or
Lapis Tutty one ounce, beat it unto
fine powder, and temper it with a
quart of white Wine, put thereto
one ounce of dried Rose leaves, and
boil them altogether with a soft fire
untill one half be consumed, then
strain it through a fine linnen cloth,
and keep it in a glasse, and use it e-
vening and morning, and put it in-
to the fore eyes with a feather, or
your finger.

If the *Tutty* be prepared it is the
better, which is thus done, steep the
Tutty in Rose-water, and let it lie
half an hour, then take it forth, and
lay it on a white paper to dry, then
take it when it is dry, steep it, and dry
it again, as before, twice or thrice,
and then use it as before.

For an Ach in the Bones.

Take Southernwood, Worm-
wood, and Bay leaves, of each one
handful, one Oxe Gall, one pint of
Neat-

Rare Secrets in Physick. 149

Neat-foot oil, put all these together, and let them stand two or three dayes, and let them boil upon a very soft fire, then put in of Deeres suet a good quantity, strain them, and put them into a pot, and so annoint the Patient, put to this a good quantity of Tar, and as much Pitch as the bignesse of a Walnut, and of the juyce of Pimpernel a good quantity.

For Children that are troubled with an extreame Cough.

Take Hylop-water, and Fennel-water, of each half a pint, of sliced Liquorice, and Sugar, of each a pretty quantity, seeth them easily over a good fire, strain it, and let them take a little hereof at once, and often you may dissolve pellets therein, and you may annoint their chest with oil of Almonds, and a little Wax.

A Medicine for sore Eyes.

Take red Fennel, and Celendine, of each one handfull, stamp and
strain

150 *A Choice Mannall, or,*
strain them, that done, take five
Spoonfuls of Honey, and white
Copperas the quantity of one Pea,
Rose-water five Spoonfuls, boyle all
these together in an earthen pot,
skum it well and clarifie it with the
white of an Egg; this is an excellent
Medicine to clear the sight of the
eye, if there be any thing in the eye
superfluous to hinder the sight, but if
there be nothing but heat, it is no-
thing so good.

To help one that is inwardly bruised.

Take of Borrage, and red Sage
of each a handful, stamp these to-
gether, and strain them, and put
thereto as much Claret Wine as
the juyce thereof, and let the party
drink it warm, and if it keep with-
in him four and twenty houres af-
ter he will recover; if he be bound
in the body, let him take three
Spoonfuls of Sirupe of Damask
Roses, and two Spoonfuls of Sallade
oil, and drink it fasting, and an hour
after

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after let the party take some warm
broth.

For the Spleen.

Take of Lavender, Fennel, Para-
sly, Cammomile, Thyme, Worm-
wood, Angelica, of each one hand-
full, of Sage, and Rue, one hand-
full, of Annise seeds, and Fennel
seeds, of each a handfull, of Cum-
min seeds two handfuls, of Cloves
four spoonfuls, and of Mace two
spoonfuls, gather these hearbs in the
heat of the day, and dry them in the
Sun two dayes, laying them very
thin on a sheet, and bruise the seed
grossely, and steep them in as much
Sallade oyle as will cover all these
things, and somewhat more, and
set them in the Sun ten dayes, which
being done, straine your oyle from
your hearbs, and your spices, and
then infuse it new againe as before
with hearbs and spices in like man-
ner, and to that oyle thus infused or
strained, add bitter Almonds, and
oyle of Capers hal a pint, then take

H

a quar-

152 *A Choice Manual*, or,
a quarter of a Spoonfull of the said
oyle, and put it in your hand, your
hands being warm, rub them toge-
ther, and annoint and rub the Pa-
tient grieved with both your hands,
the one on the right side, the other
on the left, from the loines down to
the bottome of the belly, drawing
your hands as hard as you can, and
make them to meet at the bottome
of the belly, and continue in con-
tinuall rubbing about a quarter of
an hour.

For a burning or scald.

Take a quantity of Sheeps suet,
the white of Hen dung, and fresh
Grease,boil all these together, strain
it & annoint the party with a feather.

For the Emeroids and Piles.

Take juyce of Elder, May Butter,
and Deers Suet, melt them, letting
the Juyce and the Butter simmer,
and then put the Suet to them, make
them into pills, and if you make a
Suppositor, you must put in more
Deers Suet.

For

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For the Canker in the mouth or nose.

Take the ashes of green leaves of Holly, with half so much of the burnt powder of Allum, blow with a quill into the place grieved, and it will help Man, Child, or Beast.

A Remedy for the Mother.

When the fit beginneth to take them, take the powder of white Amber, and burn it in a chafing-dish of coales, and let them hold their mouthes over it, and suck in the smoak, and annoint their nostrils with the oyle of Amber, and if they be not with child, take two or three drops of the oyle of Amber in white Wine warm or cold, but the oyl of Amber must be taken inward but once a day, and outward as often as the fit taketh them.

A Medicine for the Wormes.

Take one penniworth of Alloes, with the like quantity of Oxe gall and mithridate, mix them together, and lay them to the child's navell upon a plaister.

154 *A Choice Manual, or,
A Preservative against the
Plague.*

Take one dry Walnut, take off the shell and peel, cut it small, and with a branch of Rue shred fine, and a little Wine Vinegar, and Salt, put all into a sliced Fig, take it up fasting, and then you may drink a little Wormewood after it, and go where you list.

A Pill for those that are infected.

Take of Aloes succatrine half an ounce, of Myrrh, and English Saffron, of each a quarter of an ounce, beat them into small powder with Malmsey, or a little Sack, or Dioscordion, make two or three small pills thereof, and take them fasting.

*A Poultisse to break a Plague
Sore.*

Take a white Lilly root, and seeth it in a pennyworth of Linseed, and a pretty quantity of Barrowes grease, beat the Linseed first very soft, afterwards beat altogether

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ther in a Morter, make thereof a plaister.

An Electuary for the Plague.

Take the weight of ten graines of Saffron, two ounces of the kernels of Walnuts, two or three Figs, one drachm of Mithridate, and a few Sage leaves stamped together, with a sufficient quantity of Pimpernell water, make up all these together in a masse or lump, and keep it in a glass or pot for your use, take the quantity of twelve graines fasting in the morning, and it will not onely preserve from the Pestilence, but expell from those that be infected.

Against a Tertian Ague.

Take *Dandelion* clean washed, stamp it, and put it in Beer, and let it stand all night in the Beer, in the morning strain it, and put half a spoonfull of *Triacle* into it, make it luke-warm, and let the Patient drink of it fasting upon his well day, and walk upon it as long as

154 *A Choice Manual, or,
A Preservative against the
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drachm of Mithridate, and a few
Sage leaves stamped together, with a
sufficient quantity of Pimpernell
water, make up all these together in
a masse or lump, and keep it in a
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in the morning, and it will not onely
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morning strain it, and put half a
spoonfull of Triacle into it, make
it luke-warm, and let the Patient
drink of it fasting upon his well
day, and walk upon it as long as

156 *A Choice Manual*, or,
he is able, this hath been approved
good for an Ague that cometh eve-
ry second day.

Against the Wind.

Take Cummin seeds, and steep
them in Sack four & twenty houres,
dry them by the fire, and hull them,
then take Fennel seed, Carraway
seed and Annise seed, beat all these
together, and take every morning
half a spoonful in broth or beer
fasting.

Another.

Take Enula Campana, grate it,
and drink half a spoonful fasting,

For the sting of an Adder.

Take a head of Garlick and
bruise it with some Rue, add some
Honey thereto, and if you will
some Triacle, and apply it to the
place.

For the biting of a Dog.

Take Ragwort, chop it, and boil
it with unwashed Butter to an Oint-
ment.

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*A Medicine for a Woman that hath
a dead Child, or for the after-Birth
after deliverance.*

Take Date stones, dry them, and
beat them to powder, then take
Cummin-seed, Graines, and Eng-
lish Saffron, make them in powder,
and put them altogether in like
quantity, saving lesse of the Saffron
than of the rest, then searce them
very finely, and when need is to
drink it, take a spoonful at once
with a little Malmſie, and drink it
milk-warm, it is good to bring
forth a dead child, or for the after-
birth, or if the woman have any
rising in her stomack, or flushing
in her face during her child-bed, the
Date stones with round holes in the
sides are the best, if you put a quan-
tity of white Amber beaten amongst
the powder, it will be the better.

To make the best Paracelsus Salve.

Take of Litharge of Gold and
Silver, of each three ounces, and
put to it one pound and half of good

258 *A Choice Manual*, or,
Sallade oyle, and as much of Lin-
seed oyle, put it into a large earth-
en vessell well leaded, of the fashion
of a Milk bole, or a great bason, set
it over a gentle fire, and keep it stir-
ring till it begin to boil, then put
to it of red Lead, and of *Lapis Ca-*
laminaris, of each half a pound, keep
it with a continual stirring, and let
it boil two hours, or so long till it
be something thick, which you may
know by dropping a little of it up-
on a cold board or stone, then take a
skillet, and put into it a pound of
yellow Wax, as much black Resin,
half a pound of Gum Sandrach, of
yellow Amber, Olibanum, Myrrh,
of *Aloes hepatica*, of both the kinds
of *Aristolochias* round and long,
of every of these in fine powder
searced one ounce, of *Mummi*a one
ounce and a half, of oyle of Bayes
half a pound, of oyle of Juniper
six ounces, dissolve all these toge-
ther in the aforesaid skillet, and
then put them to the former Mai-
ster,

159 *A Choice Manual, or,*
fter, set it over a gentle fire, and
keep it with stirring till it boyle a
little : Then take your five Gums,
Popanax, Galbanum, Sagapenum,
Ammoniacum, and Bdellium, of
each of these three ounces, which
must be dissolved in white Wine
Vinegar, and strained, and the
Vinegar exasperated from them
before you go about the Plaister,
let there be three ounces of each of
them when they are thus prepared,
then when the Plaister hath gently
boyled, about half the bignesse of
a Nutmeg at a time, continuing
that order untill all the Gums be
dissolved, then set it over, the fire
again, and let it boil a very little,
but before it boil be sure that the
Gums be all dissolved, or else it
will run into lumps and knots,
after it hath boyled a little, take it
from the fire again, and continue
the stirring of it very careful-
ly, and put to it these things fol-
lowing, being in a readinesse, take

160 *A Choice Manual*, or,
of both the Corals red and white,
of Mother of Pearl, of Dragon^s
bloud, of *Terra lemnia*, of white
Vitriol of each of them one ounce,
of *Lapis hematitis*, and of the Load-
stone, of each of them one ounce
and a half, of the floures of Anti-
mony two drachms, of *Crocus Mar-*
is two drachms, of Champhire one
ounce, of common Turpentine
half a pound, mix all these toge-
ther, but first let those things that
are to be poudered be carefully
done, and fully searced, then put
them altogether among the the for-
mer things, and againe set it over
the fire with a moderate heat and
gentle to boyle, till it be in the form
of a plaister, the which you may
know by dropping it on a cold
piece of Wood, or Stone, or Iron:
you must also remember to keep
it with continuall stirring from the
beginning to the ending, when you
make it up, let your hand, and the
place you roul it on, be annointed
with

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with the oyle of Saint *Iohns* Wort,
and of earth Wormes, and Juniper,
Cammomile and Roses together,
wrap it in Parchment, or Leather,
and keep it for your use.

Memorandum, That the Cam-
phire be dissolved in the oyle of Ju-
niper, mix them together with the
Gum Sandrach, and put them in
towards the latter end,

*An Ointment for any strain in the
Joints, or for any Sore.*

Take three pound of fresh But-
ter unwashed, and set it into an
Oven after the bread be drawn out,
and let it stand two or three houres,
then take the clearest of the Butter,
and put it into a Posnet, then take
the tops of red Nettles, and chop
them very small, and put so many
Nettles to the Butter as will be
moistned with the Butter, and so
set it on the fire, and boyle it softly
five or six houres, and when it is
so boyled, put thereto half a pint of
the best oyle Olive, and then make

162 *A Choice Manuall*, or,
it boyle a very little, and take it off,
and strain it into an earthen pot, &
keep it for your use.

Mr. Ashleys Ointment.

Take six pound of *May Butter*
unsalted, one quart of *Sallade*
oyle, four pound of *Barrows grease*,
one pound of the best *Resin*, one
pound of *Turpentine*, half a pound
of *Frankincense*: To this, rate take
these Hearbs following, of each a
handfull, *Viz* *Smallage*, *Balm*,
Lorage, red *Sage*, *Lavender*, *la*
ender-cotton, *Hearb grace*, *Par-*
fle, *Cumfery* called *Boneset*, *Sorrel*,
Laurel leaves, *Birch leaves*, *Lung-*
wort, *Majoram*, *Rosemary* *Mal-*
lows, *Cammomile*, and *Saint Iohns*
Wort, *Plantain*, *Alheal*, *Chick-*
weed, *English Tobacco*, or else
Heubane, *Grumfell*, *Wondwort*,
Betony, *Agrimony*, *Cardus Be-*
dictus, wild *Wine*, or white *Wine*
called *Bryan*, *Adders tongue*,
Mellilot, pick all these Hearbs
cleane, wash them; straine
them

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them clean from the water, all these must be gathered after the Sun rise, then stamp all these hearbs in a stone or wooden Morter so small as possible may be, then take your Rosin, and beat it to powder with your Frankincense, and melt them first alone, then put in your Butter, your Hogs grease, and Oil, and when all is melted, put in your Hearbs, and let them all boil together half a quarter of an hour, then take it from the fire, and leave stirring of it, in no wise a quarter of an hour after, and in that time that it is from the fire put in your Turpentine, and two ounces of Verdigrease very finely beaten to powder, and when you put in your Turpentine and Verdigrease, stir it well, or else it will run over, and so stir untill it leave boiling: Then put it in an earthen pot, stopping the pot very close with a cloth and a board on the top, and set it in a dunghil of horse muck twenty one dayes, then take it up, and put it
into

into a kettle, and let it boil a little, taking heed that it boil not over, then strain all through a course cloth into an earthen or gallic pot, and when all is strained, put to it half a pound of oil of Spike, and cover the pot close untill you use it, and when you use it, make it warm in Winter, and use it cold in Summer.

*An approved Medicine for any Ach
in the joynt whatsoever.*

Take half a pound of Rosin, half a pound of Frankincense, Olibanum, and Mastick, of each one ounce, Wax, Deer suet, Turpentine, of each two ounces, Camphire, two drachms, beat the Olibanum, Mastick, Rosin, and Frankincense, and Camphire in powder, then put it in a braslepan with a pottle of white Wine, and put in the Wax and Deer suet in it, when it doth boil, put in your Turpentine, and let it boil a quarter of an hour, then take

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it from the fire, and let it stand and cool untill the next day, then work it with your hand to work out the Wine, annointing your hands first with Oil, then make it up in rouses, then as need shall serve, take thereof and spread it with a warm knife upon a fleshy side of a Sheeps skin, and apply it warm to the grieved place, and take it not off untill it fall off of it self, pricking the Plaister full of holes.

A Scarcloth to be used against Carbunkles, red Sores, Biles, Swellings, or any hot causes.

Take a wine pint of pure Sallade oil, and put it into an earthen pot, that is very large, and set it upon a very soft fire of Charcoal, and when it beginneth to boile, stir it with a Hazle stick of one yeares shooting, then put into it two ounces of Venice Sope that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boile very softly, stirring it continually
with

66 *A Choice Mannall, or,*
with this Hazle stick for the space
of two or three houres, you shall
know when it is boiled by this, drop
one drop thereof upon a board, and
it will be stiffe when it is enough,
then take it from the fire, and put
into it half an ounce of oil of Bayes,
then let it boil again a little, then
let your clothes be cut of a reasona-
ble size to dip them in it, then you
must have two sticks which must be
hollow in the middle to strip the
clothes through, then lay them a-
broad untill they be cold upon a
board, then roul them up, and keep
them, and when you use them, lay
them upon the place grieved, and let
them lie twelve houres, then take it
off, and wipe it, and lay the other
side, and let that lie as long.

*Plague Water to be taken three
times, for the first helpeih not.*

Take a gallon of white Wine,
Ale, or Beer, and to that quantity
take a quarter of a pound of each of
these.

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these Hearbs following, Rose-water, a quarter of a pint, Rue, Sage, Ver-
vin, Egrimony, Bettony, Celendine,
Carduus, Angelica, Pimpernell,
Scabios, Valerian, Wormwood,
Dragons, Mugwort, all these Hearbs
must you shred in grosse together,
and steep it in the aforesaid liquor,
the night before you distill it in a
Rose-water Still, and then keep the
first water by it self, being the weak-
er, and therefore fitter for Children;
it helpeth all Fevers, Agues, and
Plagues, being thus taken, seven
spoonfuls, or thereabout of the
strongest bloud-warm, and give it
to the party to drink in an Ague or
Eever, an hour before the Fit come,
and so to sweat, either by exercise, or
in your bed; but your stomack must
be empty, and if it be taken for the
Plague, then put into it a little Dia-
scordium or Mithridate.

A defensive Plaister.

Take the white of an Egg, and
Bole

168 *A Choice Manual, or,*
Bole Armoniack, spread it on leather.

A Sirupe for a Cold.

Take Colts-foot-water, Hyssop-water, and Honey, put Liquorice Annise seeds, and Elecampane, put thereto the juyce of Fennel, and boil them.

To stay the bleeding of a Wound.

Take a Charcoal red hot out of the fire, and beat it to powder.

A Poulresse.

Take Milk, Oatmeal, and red Rose leaves, and a little Deers suet.

For the running of the Reines.

Take cups of Acorns, and grate them, and grate some Nutmeg, put this in Beer, and drink.

For a Poulresse.

Take Linseed, and beat it to powder, boil it in Milk, with Mallowses, and Sheeps suet.

For a Blast.

Take a good quantity of Vervin, and boil it in Milk, and wash the
Blatt

Rare Secrets in Physick. 169

Blast therewith very well, then bind the Hearbs very close to it some few houres, after wash it again, the Milk being warmed, and so bind it up again, the oftner it is done the better, and in a day or two it will be well, if it be taken before it fester.

Another.

Take a good quantity of Vericon being green, with as much Dill, chop them together, and boil them in Bores grease as much as will cover them, and for want thereof so much *May* Butter, and when they be boiled together, let them stand two or three dayes, and then boil it a little, and so strain it through a cloth.

A Balsamum.

Take in the latter end of *September* good store of Honeysuckle berries. and put them in a body of a glasse Still stopped, and set it in hot horse-dung eight dayes, distill it in *Balneo*, then when you have drawn the

170 *A Choice Manual*, or,
the water forth, pour the water into
the stufte again, stop it close, and put
it into the dung four and twenty
houres, then set it in ashes, and distil
both water and oil with a great fire,
as much as will come forth, and at
last separate the water from the oil
in Balneo.

To make an excellent Oil of Hypericon.

Take floures, leaves, and seeds, of
Hypericon, as much as you list, beat
them together, and infuse them in
white Wine, that they may be co-
vered therewith, and set them in the
Sun for ten dayes, then put thereto
so much oil Olive as all the rest
doth weigh, and let it stand ten
dayes more in the Sun, but look that
you weigh the Oil to know how
much it is, then put thereto for every
pound of Oil two ounces of Tur-
pentine, and one drachm of Saffron,
and of Nutmegs, and Cloves, of
each half an ounce, of Myrrh, and
Rosin,

Rare Secrets in Physick. 171

Rosin, of each an ounce, and of the root of Briony two ounces, put them all in a vessel of glass, and mix them well together, and set them in a vessel of hot water, and then set thereto a head of glasse and Receiver well shut, and boil it so long untill no more will distill from it, which will be about twenty four houres, then take it out, and strain it whilest it is hot, and keep it in a vessel of glasse, and when you use it, first heat it well, and apply it upon a wound without using any tent at all, this is excellent for a green wound, especially if there be veines, sinews, or bones offended or cut, it keepeth wounds from putrefaction, it cleanseth them, and easeth pain, and doth incarnate and skin them, it helpeth bruises, paines, aches, or swellings in any part, and is wonderfull good against venome or poyson.

172 *A Choice Manual, or,*
For the falling sicknesse.

Take the roots of single Pionies,
grate them, drink them, and wear
some of them about your neck.

For kided heeles.

Take a Turnip, make a hole in the
top of it, take out some of the pith,
infuse into that hole oil of Roses,
then stop close the hole, roast the
Turnip under the embers, when it
is soft, apply it plaisterwise warm to
the Kibe, bind it fast.

Lapis Prunellæ.

A Medicine for sore Eyes.

Take one pound of Saltpeter,
boil it in a Goldsmiths earthen pot,
with a very hot fire round about it,
let it boil till it be very black, and
melted, then take a quarter of an
cunce, or six penny weight of Roch
Allum, and a quarter of an ounce of
Brimstone, break them, and put
them in the Saltpeter by little at
once as it boileth, and let it burn
till the flame goe out of it self, then
pour

Rare Secrets in Physick. 173

pour it into a brasse Ladle, or into a Chafer, and so let it stand till it be cold, and when you will use it, scrape it very fine with a knife, and put a little of it to the sore Eyes, hold down the eye-lid till the pain be gone, then let the water drop out of the eye: This Medicine taketh away th-Pearl, the Pin, the Web in the eye, and all sores and bloud-shed, it also helpeth the tooth-ach, being put into the hollow tooth with a little lint, if the tooth be not hollow rub it outward; finally, it helpeth a stinking breath, being eaten in the morning fasting.

For a scald Head.

Take a handful of Glovers shreds, and a handful of Dock roots the pith taken out, and boil them in strong Ale untill they be reasonable thick, and annoint the head therewith.

For a bloody Flux

Take Rūbarb and toast it, then grind it to powder, and take as much

as

174 *A Choice Mannall*, or,
as will lie upon a sixpence, and keep
warm that day, the next day eat
conserve of Roses mixed with Cor-
rall, and drink that day if you will
posset Ale made of Cammomile,

For the Itch.

Take a pound of Butter unwash-
ed, and untalted, three good hand-
fuls of red Sage, and as much Brim-
stone beaten into powder as a Wal-
nut, boil these well together, and
strain it, and put in half an ounce
of Ginger beaten small.

For sore Eyes.

Take new Hens-dung out of the
nest, and put it into an Oven almost
cold, let it lie there all night, and
take the white of it, and beat it being
dried, and take as much of the pou-
der of Ginger finely beaten, and put
to that half the like quantity of Su-
gar-candy, all which must be beaten
very well and searced, then put it in-
to the sore eyes every night, and in
the morning, and wash it out with
water.

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A Water for sore eyes.

Take a pint of fair running Water of wild Daisies, and three leaved Grasse, of each a good handful, wash the hearbs very clean in a Colender, and put them into a clean Skillet of Water, let them boill very well over the fire, untill the Water look green, then take a little pice of Allum and put into the Water, and when it is boiling, then taste of the Water, and when it sticks to the mouth, take as much Honey as will make it very sweet, then after it hath boilled a little while take it off the fire, strain it, and drop a little every night into the eyes.

An approved Application against any Surfeit.

Take the bottome of a Muncorn loaf, cut it about an inch thick, and as broad as the palme of your hand, toast it very well, then take of Sallade oyl and Claret Wine, of each a like quantity, as much as
1 will

376 *A Choice Mannall*, or
will wet the toast well and through-
ly, warm it hot, then put the toast
into it, when the toast is well soak'd,
strew the powder of cloves & Mace
thereupon thick, then apply it to the
stomack of the patient as warm as
he can endure it, it will purge up-
wards and downwards so often as
you apply a fresh toast made as a fore-
said, this may be applied so often as
any one findeth their stomack ill at
ease, although then it will not purge,
except in case of a Surfeit.

A Medicine against the plague
Take of the root called Setwell,
the quantity of half a Walnut, and
grate it, of Triacle green one good
spoonfull, of fair water three spoon-
tuls, make all these more than luke-
warm, and so drink them off in
bed, and sweat six or seven houres,
and in your sweat drink small pos-
set Ale made of small drink as you
need, but not till an hour and half
after the taking of the potion, and
it

Rare Secrets in Physick. 177

it will bring forth the plague, for if you cast the Medicine, you may take it the second, third or fourth time by the whole, half, or lesse measure as your stomach will bear it: if any do take it, and thereupon happen presently amendment, or a rising, or sore, you may think it to be the sicknesse, for the nature of the Medicine is to prevent the plague, and in others to expell the plague, if it be not taken too late, in which case the stomach will not brook it easily, nor after two or three times taking, if you minister it to any, let it be at their first sicknesse, least if their disease be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in March, and still it in a glasse Still, it is a good Medicine to stop bloud, & for the heat and rednesse of the face, and good to cure green Wounds.

178 *A Choice Manual, or,*
For the Tooth ach

Take of Sparemints, and ground Ivy of each a handfull, and a good spoonfull of bay Salt, stamp all these very well together, and boil them in a pint of the strongest vinegar that you can get, let these boil altogether untill they come to a quarter of a pint, then strain it, and put it into a glasse, and stop it very close when your teeth do ache, take a spoonfull of it bloud- warm, and hold it in your mouth on that side the pain is.

For to make teeth stand fast.

Take roots of Vervin in cold Wine, and wash the teeth therewith.

For the perillous Cough.

Take white Horehound, stamp it, wring out the juice, and mingle it with honey, and seeth it, and give it to the sick to drink, or else Sack, and Garlick seed, and rost it in the fire, and take away the peelings and eat the rest with Honey,
or

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or else take Sage, Rew Cummin,
and powder of pepper, and seeth
all these together in Honey, and
make thereof an Electuary and take
thereof a spoonfull in the morning,
and another at night.

*For a man that hath no taste in meat
or drink.*

Take a pottle of clear Water, and
a good handfull of Dandelion, and
put it in an earthen pot, and seeth
it till it come to a quart, and then
take out the hearbs, and put in a
good quantity of White Sugar, till
you think it be somewhat pleasant,
and then put it into a vessel wherein
it may cool, and then take twenty or
thirty Almonds, blanch them and
beat them in a Morter, and when the
water is cold put it to the Almonds,
and strain it through a clean Cipris
bag without compulsion, and if it
be thick, let it run through again,
and so keep it in a vessel, and drink
of it often, at all times as you please.

180 *A Choice Manual, or,*
To preserve a man from the plague.

Take *Aloe Eparicum*, and *Aloe Succatrine*, fine *Cinnamon* and *Myrrh*, of each of them 3 drachms, *Cloves*, *Mace*, *Lignum Aloe*, *Mastick*, *Bole armoniack*, of each of them half a drachm, let all these things be well stamped in a Morter, then mingle them together, and after keep them in some close vessel, and take of it every morning two penny weight, in half a glasse full of white Wine, with a little water, and drink it in the morning at the dawning of the day, and so may you, by the grace of God, go safely into all infection of the air and plague.

For a Tetter or Ring-worm:

Take *Mercury*, a quarter of an ounce, *Camphire* one penny weight, make them into powder, and rub them in a fair porrenger, then take and mix them with the water of the Vine four or five spoonfulls, stir them well together, then put as
much

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much more water to that, then strain it through a cloth, and take Poppey seeds on quarter of an ounce, beat that in a stone Morter, with a spoonfull of the water of the Vine, putting a little and a little till you have spent the quantity of a pint, then put to half an ounce of the Milk of Cokernut, so mix them well together with your first Receipt, and strain them as you make Almond milk through a fair cloth, then keep it in a glasse for your use.

To keep ones body loose w^h ensoever you need.

Take two ounces of Sirupe of Roses, one ounce of Sene, one penny worth of Anniseeds, one stick of Liquorice, one pint of Pefturn water, seeth them altogether till it seeth to half a pint, then strain them forth, then boil the two ounces of Sirupe of Roses, and drink it warm

182 *A Choice Manual, or,*

For a red Face.

Take Brimstone that is whole, and Cinnamon, of either of them an even proportion by weight, beat them into small powder, searse it through a fine cloth upon a sheet of white paper, to the quantity of an ounce or more, and so by even proportions in weight mingle them together in clean clarified Capons grease, and temper them well together, untill they be well mollified, and then put them to a little Camphire to the quantity of a Bean, & so put the whole confection in a glass.

For a young Child to make water

Boil Organy in fair water, and lay it warm to the Childs Navel.

A Medicine for the falling of the Uvula into the Throat.

Take a red Colewort leaf, whereof cut away the middle rind, then put the leaf into a paper, and let it be burnt in hot embers or ashes, then take the leaf out, and lay it
hot

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hot on the top or crown of the bare head, and it will draw it up into his place, and rid you of your pain.

A Medicine for the heat of the soles of the feet, that cometh by rheum or bloud.

Take a quantity of Snails of the garden, and boil them in stale Urin, then let the patient bath and set his feet therein, and using that often he shall be cured.

Gascons own Pouder.

Take of powder of pearl, of red Corral, of Crabs eyes, of Harts-horn, and white Amber, of each one ounce, beat them into fine powder, and searce them, then take so much of the black toes of the Crabs clawes as of all the rest of the powders, for that is the chief worker, beat them and searce them finely as you do the rest, then weigh them severally, and take as much of the toes as you doe of all the rest of the five pouders, and mingle them well together, and make them up in balls

184 *A Choicē Manual, or,*
with Jelly of Harts-horn, whereinto
put or infuse a small quantity of
Saffron to give them colour, then
let them lie till they be dry and fully
hard, and keep them for your
use.

The Crabs are to be gotten in
May or September, before they be
boiled.

The dose is ten or twelve graines
in Dragon water, Carduus water,
or some other cordiall water.

The Apothecaries in their composition of it, use to put in a drachm
of good Orientall Bezar to the other
pouder, as you may see in the
prescription following.

This is thought to be the true
composition invented by *Gascon*,
and that the Bezar, Musk, and Am-
bergreece, were added alter by some
for curiosity, and that the former
will work without them as effectually,
as with them.

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The Apothecaries Gascon Powder, with the use.

Take of Pearles, white Amber, Harts horn, eyes of Crabs, and white Corral, of each half an ounce, of black thighs of Crabs calcined two ounces, to every ounce of this powder put a drachm of Orientall Bezar; reduce them all into very fine powder, and searce them, and with Harts-horn jelly, with a little Saffron put therein, make it up into a paste, and make therewith Lozanges or Trochises for your use.

You must get your Crabs for this powder about May, or in September, before they shall be boyled, when you have made them, let them dry and grow hard in a dry air, neither by fire nor Sun.

Their dose is ten or twelve graines, as before prescribed in the former page.

186 *A Choice Manual, or,*
The Powder prescribed by the Do-
ctors in their last London Dispen-
satory, 1650. called the Powder of
Crabs claws.

Take of prepared Pearles, eyes or
stones of Crabs, of red Corral, of
white Amber, of Haris-horn, of O-
rientall Bezar stone, of each half an
ounce, of the powder of the black
top: of the clawes of Crabs to the
weight of all the former; make
them all into powder, according to
Art, and with jelly made with the
skins or castings of our Vipers,
make it up into small Tablets, or
Trochises, which you must warily
dry, as before prescribed, and reserve
for your use.

The Countesse of Kents Powder,
good against all malignant and
Pestilent Diseases, French Pox,
Small Pox, Measels, Plague,
Pestilence, malignant or scarlet
Fevers, good against Melancholy,
dejection of spirits, twenty
or thirty graines thereof being ex-
hibited

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hibited in a little warm Sack or
Harts horn jelly to a man, and
half as much, or twelve graines to
a Child.

Take of the Magistery of pearls,
of Crabs eyes prepared, of white
Amber prepared, Harts-horn, Ma-
gistery of white Corall, of *Lapis*
contra Yavum, of each a like quan-
tity, to these pouders infused put
of the black tips of the great clawes
of Crabs, to the full weight of the
rest, beat these all into very fine pou-
der, and searce them through a fine
Lawn Scarce, to every ounce of this
pouder add a drachm of true Orient-
al Bezer, make all these up into a
lump, or masse, with the jelly of
Harts-horn, and colour it with Sai-
tron, putting thereto a scruple of
Ambergreece, and a little Musk also
finely poudered, and dry them
(made up into small Trochiss)
neither by fire nor Sun, but by a
dry air: you may give to a man
twenty

188 *A Choice Manual*, or,
twenty graines of it, and to a Child
twelve graines.

*The Vertues of a Root called Con-
tra yerva, being made into fine
Pouder.*

1. It withstands the Plague be-
ing taken in Triacle water.
2. It is good in all Pestilent dis-
eases, taken in posset drink with Saf-
ron.
3. It is good against a Fever, ta-
ken in *Garduus* water.
4. It is a great Antidote against
all poysons taken in Sallade oil.
5. It doth cure the biting of a
mad dog, drunk in Rose-vinegar,
and then drink nothing else but
Spring water during the cure.
6. It causeth a speedy delivery,
given in Balm water, Bittony-wa-
ter, or in burnt Wine.
7. It doth take away the after-
throwes, given in the same liquors.
8. It is a good Cordial in all fits
of the Mother given in Rue-water.
9. It is very soveraign in swoon-
ing

Rare Secrets in Physick. 189

ing fits, given in Sack, or Borrage-water.

10. It is very powerfull to withstand all Melancholly, given in Sack.

11. It doth help Convulsions in Children, given in Spring water.

12. It helpeth the Worms, given in Goats milk.

13. It is good for a short breath, given in Rue-water.

14. It helpeth the Head pain, given in Rue-water, or Rosemary-water.

15. It helpeth the yellow Jaundice, given in Celendine water.

16. It is very powerfull in the Palsie, given in Sage-water.

17. It is a good Antidote against the Gout, given in Sage-water.

18. It withstandeth the growing of the Stone in the Reines, given in Renish Wine.

19. It causeth a good and quiet Sleep taken in white Wine.

20. It is a great preserver of Health,

190 *A Choice Manual, &c.*

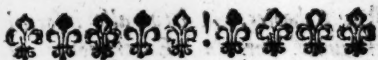
Health, and meanes of long Life,
taken sometimes in Mede.

21. It may be used as Triacle or
Bezar, against Surfeits.

22. It is a generall upon all oc-
casions, and may be given at all
times when you do not know what
the disease is, in any of the afore-
said liquors.

The dose for a man or woman is
from one scruple to two scruples,
and a boy or girle twelve or four-
teen graines, in convenient liquors.

THE



THE EPISTLE.

Friend,

BEing given to understand, that you were reprinting the Countesse of Kents Manuall; I thought good to communicate unto you, for the more accomplishment of your second Impression, the vertues of some select Cordiall Spirits, of very great use in weak and sickly persons, which were first composed by Sir Walter Raleigh, during his Imprisonment in the Tower, and dispersed by him to divers worthy Personages, in their severall occasions and necessities, and were imparted to me by Captain Samuell King, who lived long time with him in the Tower, and in his expeditions; this King being my loving Friend, and Schoole-fellow, both in Canterbury and Westminster

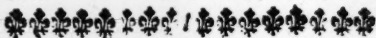
THE EPISTLE.

fter Schooles. I have also inserted
bereunto certain Experiments of
Galscons Powder, or the Countesses,
for their operations are much of the
same nature, which have many times,
with very happy successe, been tryed
upon severall persons by myself, and
divers others by my directions, assu-
ring myself, it will be of very great
use and benefit to such persons as shall
have need of such helpes and comforts,
and so rest,

Your Friend

W. J.

The



The Vertues of Aqua Bezoar.

IT is good against contagious diseases, as Plague, Purples, spotted Feaver, Small Pox, and Measels.

The order to take it, is with *Cardus Benedictus*, or Angelica in posset Ale, and to sweat moderately upon the taking of it: It is good against Surfeits, and easeth the stomack oppressed with wind, crude flegm, and superfluities, and helpeth digestion.

The dose is from two to three spoonfuls at one time.

The Vertues of Spirit of Clary.

It is good to restore one in any weaknesse, chiefly of the back: It preserveth against the Consumption and Pthisick; It comforteth the heart, and increaseth radicall moisture, It also strengthneth Child-bearing Women after their delivery.

The

192 *Rare Secrets in Physick.*

The dose is one or two spoonfuls morning and evening.

The Vertues of Aqua Marix.

It is good for all infirmities of the Spleen, and to open the obstructions thereof; It comforteth the vitall parts, and is good against all passions of the heart; It preserveth the meat in the stomach from putrefaction; It helpeth digestion, and expelleth wind.

The dose is one spoonfull at one time.

The Vertues of Floures of Rosemary.

It is good against all infirmities of the stomach, and to suppress all offensive fumes rising up from thence to the head, keeping them down; and helpeth memory; It openeth all stoppings of the Liver and Milt; It preventeth *Vertigo*, *Scotemia*, palsies, Apoplexies, and diseases of that kind arising from cold humours; It breaketh wind, and easeth the Collick.

The

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The dose is one spoonfull at one time.

The Vertues of Spirit of Mints.

It is good for the stomack, and strengthneth the retentive facultie, good against vomiting, and all passions of the heart, it comforteth the vitall spirits, and is good against the Consumption; it expelleth wind, and helpeth digestion, and is an infallible help for melancholy.

The dose is from one to two spoonfulls.

The Vertues of Aqua theriacalis.

It is good against all diseases of the Spleen whatsoever; It preventeth and helpeth contagious, and suddaine oppressions, and qualmes of the heart.

The dose is one spoonfull to prevent, and three to the infected, who ought to sweat after taking it.

The Vertues of spirit of Saffron

It is good to comfort the vitall Spirits, passions, trembling, and
pen-

194 *Rare Secrets in Physick.*

pensivenesse of the heart, and helpeth all malignity oppressing it, and expelleth wind; suppresseth fumes which arise from the Spleen, and go up to the head, and openeth the obstructions of it; It is excellent against all melancholy, and very good for women in travell, for it comforteth, and hasteneth delivery.

The dose is morning and evening one spoonfull for three dayes together.

Vertue of Spirit of Roses

It is good to open the obstruction of the Lungs, and preventeth Consumptions, and other infirmities of that nature, It preserveth from putrefaction, and keepeth the breath from being corrupted.

The dose is a spoonfull at noon, at four in the afternoon, and as much at bed time.

The Vertues of Spirit of Diasyrion.

This Spirit made of *Diasyrion*
magis

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magis gratum, prescribed in the last London Dispensatory, comforteth, and much restoreth decayed nature, strengthneth the weak back, increaseth seed, and advanceth generation, being taken thrice a day a spoonfull at a time, that is, in the morning fasting, at four in the afternoon, and last at bedward, with this caution, that the weak parties abstaine from verereall acts till after their first sleep.

The dose is one spoonfull at one time.

The Vertue of Spirit of Strawberries.

It is excellent good to purifie and cleanse the bloud; It preserveth from, and also cureth the yellow Jaundies, and deoppilateth the obstructions of the Spleen; It keepeth the body in a sweet temperatenesse, and refresheth the spirits.

The dose is a spoonfull at a time, when need requireth any of those

196 *Rare Secrets in Physick.*
those helps for the aforesaid diseases.

Spirit of Confection of Alkermes.
Vertues.

It is an excellent comforter of the Spirits vitall, naturall, and animall, in weak and delicate persons, and against all trembling, pensiveness, and suddain qualme of the heart.

The dose is one spoonfull at one time.

The Vertues of Spirit of Comfrey.

It hath all the vertues which Spirit of Clary hath, onely it is of greater efficacy in inward hurts, bruises, and ruptures.

The dose is a spoonfull at one time.

Extract of Ambergriee.

Take a drachm of Ambergriee, grind it very small on a Painters stone, then put it into a bolt head, then take of the best Spirit of Wine, either Canary or Maligo Sack, half a pound, Spirit of Clary two ounces;

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ounces; mingle them well together, and pour of the Menstrua one pint to this proportion of Amber, let them to digest in a gentle Balneo about eight houres, shaking it together three or four times, then take it out, and being cold, pour it forth, and put almost as much more of the mixed Spirits digested as before in a gentle heat by Balneo; then put it forth to the first extracted; and adde half as much more Spirits the third time, and digest it again; and then have you extracted all the special part of the Amber, and leave nothing, but a black dead earth of no valse.

Then take a pint of the Spirit of what Hearb you will use, and dissolve therein one pound of pure white Sugar-candy, or at the least twelve ounces, very finely powdered and searced through a fine Searcer, for the speedier resolution thereof, it is best to dissolve it cold; this resolution must be twice filtered.

K

through

198 *Rare Secrets in Physick.*

through a thin cap paper, to make it very perfect clear : Then take three parts of this dulcified Spirit, to one of your Extracts of Amber drawn with Spirit of Wine, then shake them well together, and let them stand in a square glasse very close stopped, untill it shall be perfectly clear ; one drachm of this Extraction of Amber will serve to dulcifie and make fit two quarts of Spirit of Mints, or Clary, or the like, and give it a most excellent taste, and efficacious vertues.

Severall Experiments made of the Countesse of Kents, or of Gascons Pouders, by a Professor of Physick.

1 A Child aged about five years, troubled much with flegm, and drawing on (as the Parents conceived) to his end, with ten graines of this Pouders exhibited in a specifical vehicle, to the proportion of one spoonfull, about seven of the clock

at

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at night, with the like dose exhibited the next morning, was within three daies space perfectly recovered, and went abroad.

2. A Child aged about fourteen years, being suddainly surpris'd with dangerous Fits, and trembling of the heart, with twelve graines of this Pouder exhibited in a spoonful of *Aqua Theriacalis*, was that very day recovered.

3. A Stationers Child aged about five years, being suddainly taken so ill, that the Parents feared the life of the Child, with ten grains of this powder exhibited in a spoonful of Cordiall Spirit, being laid down, and well covered (we suspecting it would prove to be the Small Pox) became within two or three houres somewhat chearfull; and with this medicine continued once a day, the Pox broke forth, and the Child mended.

4. A Boy aged about sixteen, being taken with suddaine qualms

200 *Rare Secrets in Physick*,
about his stomach and heart, with
ten graines of this powder exhibited
in a spoonfull of Doctor Mount-
fords water upon his fit, and the
like quantity exhibited againe when
he went to bed, was the next day
recovered.

5. A Child about three yeares
old being troubled with grievous
torments, and gripings in the belly
with wind, with nine graines of this
Powder, exhibited with two drops
of specificall Oyl against the Col-
lick, in a spoonful of Stomack Wa-
ter, was eased in few houres.

6. A child about seven yeares
old, being troubled with Convul-
sion Fits, with ten graines of this
Powder, mixed with Spirit of Cas-
stor, and one drop of Oyle of
Amber, in a few spoonfuls of black
Cherry water, anointing the
two neck veines near the eares,
with a few drops of Oyle of Am-
ber and Cloves, was suddainly
recovered

Rare Secrets in Physick. 201

recovered of his Fit.

7. A Gentlewoman near forty yeares old, being oppressed with crude and flatuous humours, so that her friends thought her departing, was with twelve graines of this powder, and two drops of a Cordiall Oyle, exhibited in a Spoonfull of Cordiall Water, being had to bed, within three dayes recovered, and followed her domestick businesse

8. A Youth about twenty yeares old, much oppressed with wind and crudities of stomack, with twelve graines of this Powder exhibited in two drops of Specificall Collick Oyle, as in the fifth Experiment, with a Cordiall Water, was speedily recovered.

9. A young Maid about eighteen yeares old, troubled with fits of the Mother, and Convulsive Fits, with twelve graines of this Powder given her in a few Spoonfuls of Piomy water, gathered and

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distilled in due season, with a drop of Oyle of Cinnamon, and two of Amber mingled together, being held upright before a warm fire, within four houres recovered out of her fitt, and went up to her Chamber (though her teeth were set in her head, and small appearance of life) but that onely her feet were warm was discovered in her.

10. A Gentlewoman aged about fifty, being very much troubled with flatuous and crude humours oppressing the stomach, with sixteen grains of *Gascon Pouder*, and with three drops of Oyle of Oranges, duly prepared, exhibited in an ounce of *Aqua Theriacalis*, being well shaken and mingled together, being exhibited at two severall times, that is, at night when she went to bed, disposing for rest, and betimes the next morning, found much ease and comfort. and gained some quiet rest that night,

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night, and shortly recovered.

II. A young woman aged about four and twenty, not without some suspicion of the Plague, having a tumour long while arising on her groin, with three severall doses of *Gascons* Pouder, exhibited at three evenings when she disposed for rest; by twelve grains for every dose in a spoonfull of *Triacle* water, drinking every morning a spoonfull of Spirit of Saffron for those three dayes together, was perfectly recovered, and followed her domestick businesse.

These and many other Experiments have I with good successe tried, and with Gods blessing recovered divers severall Patients.

This pouder is good against Small Pox, Measels, spotted or purple Fever, exhibited in specificall Waters, fit for their severall diseases; It is good in swoonings and passions of the heart, arising from malignant vapours,

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or old causes, as also in the Plague or Pestilent Fevers, alwayes observing to keep the persons upright, warm, and well covered after their taking it.

The dose of this Powder in Children, is from eight to twelve grains, in Persons more aged, from twelve to fourteen graines, but exhibite the dose twice or thrice if need require, In the Plague you may use a greater quantity, with such medicines as are prescribed in the *Child-bearers Cabinet*, and it will not be amisse, to mingle it with some *Aqua Theriacalis*.

The Composition of the Oyle called Oleum Magistrale, said to be invented by one named Aparitius, a Spaniard, being speciall good to cleanse and consolidate wounds, especially in the head.

Take a quart of the best white Wine you can get, of pure old Oyle
of

Rare Secrets in Physick. 203

of Olives three pound, then put thereto these floures and hearbs following, of the floures and leaves of *Hypericon* half a pound, of *Carduus Benedictus*, of *Valerian*, of the least *Sage*, of each a quarter of a pound, if it be possible, take the leaves and floures of every one of these, then let them all steep twenty four hours in the aforesaid Wine and Oil; the next day boil them in a pot well nealed, or in a copper vessell over a soft fire, untill such time as the Wine be all consumed, stirring it alwayes with a spattle; after you have thus done, take it from the fire, and strain it, and put to the straining a pound and half of good *Venice Turpentine*, then boil it again upon a soft fire the space of a quarter of an hour, then put thereunto of *Olibanum* five ounces, of *Myrrh* three ounces, of *Sanguis draconis* one ounce, and so let it boil till the Incense and *Mirr*h be melted, then take it off, and let it stand untill it be cold,

K 5

then

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then put it into a glasse bottle, and set it eight or ten dayes in the Sun, and keep it for your use.

This Oil, the older it is, the better it is, it must be applied to the Patient wounded as hot as may be endured, first washing the wound with white Wine, boiled with a handful of Incense to comfort, and wiping it clean with a linnen cloth before you dresse it, which must be, If it come to any bruising or bittings, twice a day, that is, about eight of the clock in the morning in winter, and at summer about nine in the morning, and about four in the afternoon, but if they be green wounds, you shall not need to change it again untill the next day. neither need the Patient to observe any precise diet.

F I N I S.

OXOXOXOXOXOXOXOXOXOXOX

A

True Gentlewomans
DELIGHT.

Wherein is contain-
ed all manner of
COOKERY:

Together with



*Preserving
Conseruing,
Drying,
and
Candying,*

Very necessary for all
Ladies and Gentle-
women.

Published by *W.I. GENT.*

L O N D O N,

Printed by *G.D.* and are
to be sold by *William Shears,*
at the Sign of the Bible in
St. Pauls Church yard, 1654.


OXOXOXOXOXOXOXOXOXOXOX

21:18



To the *Virtuous and most*
Hopefull Gentlewoman, Mis. Anne
Pile, Eldest Daughter of the
Honorable Sr. Francis
Pile Baronet ,
deceased.

Most accomplisht LADY,

 He many singular favours,
which I have received, not
onely from your worthy self,
but also from your thrice noble
progenitors, justly oblige me by all
the due tyes of gratitude, to tender
a just acknowledgement: I wish the
same heart, that for many and
just causes truely honours you, had
any present worthy your acceptance.
Now shall it be your singular good-
ness to patronage this small Treas-
ure, which (if I mistake not) car-
ries with it two parts, Delight,
and

The Epistle Dedicatory.

and Utility. I doubt not then, but that it will find a generall acceptance among all those, who are any way the least lovers of such pleasing and all delightfull studies. I intend not to paraphrase upon its worth, its use, and singular profit, which abundantly speaks it second unto none that hath been published of the like nature : so hoping you will accordingly esteem of it, I beg pardon for my boldnesse, and rest ever,

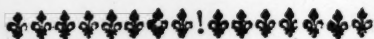
A true and faithfull

honourer of your trans-

parent Virtues ,

W. J.

TO



TO THE READER.

FRIENDLY READER,

HEer thou hast a *small Treatise*
entituled, *A true Gentlewo-*
mans Delight, presented to thy view:
be so courteous as to read before thou
censure it. If then the effect be answer-
able to its name, I shall be right glad:
If there be any Errors, it will be no
error, but a singular token of thy ex-
emplar humanity to passe it by, and
sign it with thy pardon, for which I
engage my self,

Thine on the
like occasion,

W. I.



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A



A TRUE
GENTLEWOMANS
DELIGHT.

To make an excellent Jelly.

TAke three gallons of fair water, boil in it a knuckle of Veal, and two Calves feet slit in two, with all the fat clear taken from between the clawes, so let them boil to a very tender jelly, keeping it clean scummed, and the edges of the pot alwaies wiped with a clean cloth, that none of the scum may boil in, then strain it from the meat, and let it stand all night, the next morning take away the top and the bottome, and take to every
L 3 quart

2 *A True Gentlewoman*

quart of this jelly, half a pint of Sherry Sack, half an ounce of Cinna-
mon, and as much Sugar as will
season it, six whites of Eggs very
well beaten, mingle all these toge-
ther, then boil it half an hour, and
let it run through your jelly bag.

How to make a Christall Jelly.

Take two Calves feet, fly them,
and lay them in fair spring water
with a knuckle of Veal, shift it in
half a dozen waters, take out the fat
betwixt the claws, but do not break
the bones, for if you doe, the mar-
row of the bones will staine the jel-
ly, when they are soft and pickt very
clean, boil them very tender in
spring Water, when they be boiled
tender, take them up, and use them
at your pleasure to eat, let the broth
stand in an earthen pot or pipkin till
it be cold, then take away the bot-
tome and the top, and put the clear
into a fair Dipkin, put into it half a
pound of fair Sugar-candy, or other
Sugar, three drops of oyle of Nut-
meg,

Delight.

meg, three drops of oil of Mace, and a grain of Musk, and so let it boil leisurely a quarter of an hour, then let it run through a jelly bag into a gally pot, when it is cold you may serve it in little carelesse lumps, being taken out with a childs spoon, and this is the best way to make your Christal Jelly.

How to make Apple Cream at any time.

Take twelve Pippens, pare and slit them, then put them in a skillet, and some Claret Wine, and a race of Ginger shred thin, and a little Lemon pill cut small, and a little Sugar, let all these stand together till they be soft, then take them off, and put them in a dish till they be cold, then take a quart of Cream, boiled with a little Nutmeg awhile, then put in as much of the Apple stuffe, to make it of what thicknesse you please, and so serve it up.

How to make a trifle Cream.

Take some Cream, and boil it.

24 *A True Gentlewomans*

with a cut Nutmeg, and Lemon pill awhile, then take it off, cool it a little, and season it with a little Rose-water and Sugar to your taste, let this be put in the thing you serve it in, then put in a little Runnet to make it come, then it is fit to eat.

How to make clouted Cream.

Take three gallons of new Milk, set it on the fire till it boileth, make a hole in the middle of the Cream of the Milk, then take a pottle or three pints of very good cream, put it into the hole you made in the middle of the Milk as it boileth, and let it boil together half an hour, then put it into three or four milk pans, so let it stand two dayes, if the weather be not too hot, then take it up in clouts with a scummer, or slice, and put it in that which you will serve it in if you like it seasoned, you may put some Rose water between every clout, as you lay one upon another, with your slice, in the
the

Delight.

5

the dish you mean to serve it in.

How to make a Quince Cream.

Take the Quinces, and put them into boiling water unpared, and let them boil very fast uncovered, that they may not colour, and when they are very tender, take them off, and peel them, and beat the pap very small with Sugar, and then take raw Cream and mix with it, till it be of fit thickness to eat like a Cream, but if you boil the Cream with a stick of Cinnamon, I think it the better, but it must stand till it be cold, before you put it to the Quinces.

How to make a fresh Cheese.

Take a pint of fresh Cream, set it on the fire, then take the white of six Eggs, beat them very well, and wring in the juyce of a good Lemon to the whites, when the Cream seeths up, put in the whites, and stir it about till it be turned, and then take it off, and put it into the cheese-cloth, and let the whay be drawn from it, then

L 5

take

6 *A True Gentlewoman's*

Take the curd and pound it in a Stone Morter with a little Rose-water and Sugar, and put it into an earthen Cullender, and so let it stand till you send it to the table, then put it into a dish, put a little sweet Cream to it, and so serve it in.

How to make a Codling Cream.

After your Codlings be thoroughly cooled and yielded, put them into a silver dish, and fill the dish almost half full with Rose water, and half a pound of Sugar, boil all this liquor together, untill half be consumed, and keep it stirring till it be ready, then fill up your dish with sweet cream, and stir it till it be well mingled, and when it hath boyled round about the dish, take it up, sweeten it with Sugar, and serve it cold.

How to make a Gooseberry Fool,

Take your Gooseberries and pick them, and put them into clean water, and boil them till they be all as thick

Delight.

9

thick that you cannot discern what it is, to the value of a quart, take six yolkes of Eggs well beaten with Rose-water, and before you put in your Eggs season it well with Sugar. then strain your Eggs, and let them boil a little while, then take it up, put it in a broad dish, let it stand till it be cold, thus it must be eaten.

How to make a white Fool.

Take a quart of Cream, and set it over the fire, and boil it with whole Cinnamon, and sliced Nutmeg, and Sugar, then when it is almost ready take the whites of six Eggs well beaten with Rose-water, and scum off the froth from them, and put it into the Cream, and boil it together a pretty while, then season it, and take the whole spice out of it, and put it up in a broad dish, and when it is cold then it must be eaten.

How to make a Goosberry Custard.

Take as many Goosberries as you please, boil them till they be soft,

8 *A True Gentlewoman's*

soft, then take them out, and let them stand and cool, and drain them, draw them with your hand through a canvas Strainer, then put in a little Rose-water, Sugar, and three whites, and stir them altogether, put them in a skillet, and stir them apace, else they will burn, let them stand and cool a little while, and take them off, and put them in a glasse.

How to make a Fool.

Take two quarts of Cream, set it over the fire, and let it boil, then take the yolks of twelve Eggs, and beat them very well with three or four spoonfuls of cold Cream, before you put the Eggs into the hot Cream, take three or four spoonfuls of the Cream out of the skillet, and put it into the Eggs, and stir it together, and then strain the Eggs into the skillet of hot Cream, stirring it all the time to keep it from turning, then set it on the fire, and let it boil a little while, but keep it still stirring

Delight.

9

stirring for fear of burning, then take it off, and let it stand and cool, then take two or three spoonfuls of Sack, and put it in the dish, and some four or five sippets, and put them in the dish, set the dish and sippets a drying, and when they be dry that they hang to the dish, sweeten the Cream, and pour it in the dish softly, because the sippets shall not rise up, this will make three dishes, when it is cold, it is fit to be eaten.

How to make Chees-cakes.

For the crust take half a pⁿ of Flower, and four spoonfuls of cold Water, and three parts of a quarter of a pound of Butter, beat and knead these together, and put the past asunder several times, then roul it square, and turn it over, then take a pint of Cream, and seven Eggs, and a quarter of a pound of Sugar, and a quarter of a pound of Currans plump before you put them in, and a whole Nutmeg grated on a knife,

10 *A True Gentlewomans*

knife, and some Pepper beaten, but not too much, it must be gently boiled, and stirred as you do buttered Eggs, the stuffe must be cold, and then put it in the coffin, and so bake it.

How to make a Sack Posset,

Take two quarts of pure good Cream, a quarter of a pound of the best Almonds, stamp them in the Cream, and boil Amber and Musk therein, then take a pint of Sack in a Bason, and set it on a chafing dish till it be bloud-warm, then take the yolkes of twelve Eggs, with four whites, and beat them very well together, and so put the Eggs into the Sack, and make it good and hot, let the Cream cool a little before you put it into the Sack, then stir all together over the coales, till it be as thick as you would have it, if you take some Amber and Musk, and grind it small with Sugar, and strew it on the top of the Posset, it will give it a most delicate and pleasant taste.

How

How to make Leach.

Make your Jelly for your Leach with Calves feet, as you doe your ordinary Jelly, but a little stiffer, and when it is cold, take off the top and bottome, and set it over the fire with some Cinnamon and Sugar, then take your Turnsele, being well steeped in Sack, and crush it, and so strain it into your Leach, and let it boil to such a thicknesse, that when it is cold you may slice it.

How to make yellow Leach.

Your yellow Leach is just the same, but in stead of Turnsele you must colour it with Saffron, and when it is boiled enough, then put in your Saffron, and not before, it must not boil in it.

How to make a slipcock Cheese.

Take five quarts of new Milk from the Cow, and one quart of Water, and one Spoonfull of Runner, and stir it together, and let it stand till it doth come, then lay your Cheese-cloth into the Vate, and
take

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take up your Curd as fast as you can without breaking, and put into your Vate, and let the Whay soak out of it self; when you have taken it all up, lay a cloth on the top of it, and one pound weight for one hour, then lay two pound weight for one hour more, then turn him when he hath stood two houres, lay three pound on him for an hour more, then take him out of the Vate, and let him lie two or three hours, and then salt him on both sides, when he is salt enough, take a clean cloth and wipe him dry, then let him lie a day or a night, then put Nettles under and upon him, and change them once a day, the Cheese will come to his eating in eight or nine dayes.

How to make Cheese-loaves.

Take the Curds of a tender new milk Cheese, and let them be well pressed from the Whay, and then break them as small as you can possible, then take crums of Manchet, and

and yolkes of Eggs, with half the whites, and some sweet Cream, and a little fine flower, mingle all these together, and make a paste of it, but not too stiffe, then make them into little loaves, and bake them, when they be baked, cut off the tops, and butter them, with Sugar, Nutmeg, and melted Butter, and put it in with a spoon, and stir it altogether, then lay on the tops, and seare them with scraped Sugar.

How to make a very good Tansie.

Take fifteen Eggs, and six of the whites, beat them very well, then put in some Sugar, and a little Sack, beat them again, then put about a pint or a little more of Cream, then beat them again, then put in the juyce of Spinnage or of Primrose leaves, to make it green, then put in some more Sugar if it be not sweet enough, then beat it again a little, and so let it stand till you fry it, when the first course is in, then fry it with a little sweet Butter, it must be stirred
red

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red and fried very tender, when it is
fried enough, then put it in a dish
and strew some Sugar upon it, and
serve it in.

To make black Tart stufte.

To a dozen pound of Prunes,
take half a dozen of Maligo Raisins,
wash and pick them clean, and put
them into a pot of water, set them
over the fire till all these are like
pulpe, and stir them often least they
burn too, then take them off, and let
them be rubbed through a hair Sieve
hard with your hands, by little and
little till all be through, then season
them to your taste with [scaured]
Ginger.

To make yellow Flax stufte.

Take four and twenty Eggs, and
beat them with Salt together, and
put it into a quart of seething Milk,
stirring it untill it caudles, then take
it off, and put it into a napkin, hang-
ing it up till all the Whay be run
through, when it is cold, take it and
grind it in a stone Mortar with Sack
and

and Sugar, to your taste; and otherwise to make it look white, leave out the yolks, and instead of Sack put in Rose-water.

To make a made Dish.

Take a quarter of a pound of Almonds, beat them small, and in the beating of them put in a little Rose-water to keep them from oyling, like strain them into Cream, then take Arterchoak bottomes, and Marrow, and boil the rednesse of the Marrow out, then take a quart of Cream, and boil it with Dates, Rose-water, and Sugar, and when it is boiled to a convenient thicknesse, take it off, and take your Arterchoaks, and pare off the leaves, and lay them into a dish, and some Marrow upon them, then pour some Cream upon them, then set it on coales till you serve it in.

A sauce for a sheulder of Mutton.

Take a few Oysters, and some sweet hearbs, and an Onion, and a pint of white Wine, and a little beaten Nutmeg, a little Salt, and a large Mace,

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Mace, a little Lemon pilled, and a little Sugar, a little leaker posset, if you have no Oysters, take Capers in the room of them, and some gravy of the Mutton.

How to fry Apple Pies.

Take Apples and pare them, and chop them very small, beat in a little Cinnamon, a little Ginger, some Sugar, and a little Rose-water, take your paste, roul it thin, and make them up as big Pasties as you please, to hold a spoonful or a little lesse of your Apples, and so fry them with Butter, not too hastily, least they be burned.

How to make Curd-cakes,

Take a pint of Curds, four Eggs, take out two of the whites, put in some Sugar, a little Nutmeg, and a little flower, stir them well together, and drop them in, and fry them with a little Butter.

How to make Furmenty.

Take a quart of sweet Cream, two or three sprigs of Mace, and a Nutmeg,

Nutmeg cut in half put into your Cream, so let it boil, then take your French Barley or Rice, being first washed clean in fair water three times, and picked clean, then boil it in sweet milk till it be tender, then put it into your Cream, and boil it well, and when it hath boiled a good while, take the yolkes of six or seven Eggs, beat them very well, to thicken on a soft fire, boil it, and stirre it, for it will quickly burn, when you think it is boiled enough, sweeten it to your taste, and so serve it in with Rose-water, and Musk Sugar, in the same manner you may make it with Wheat.

To make an Arterchoak Pie.

Take the bottome of six Arterchoaks, being boyled very tender, put them in a dish, and put some vinegar over them, season them with Ginger, and Sugar, a little Mace whole, putting them into a Pie, and when you lay them in, lay some Marrow, and Dates sliced in, and a few

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few Raisins of the Sun in the bottom, with good store of Butter, so close the Pie, when it is half baked, take a dish of Sack, being boiled first with Sugar, and a pill of Orange, put it in your Pie, and set it in the Oven again till you use it.

To make a Chicken Pie.

Make your paste with good store of Butter, and yolkes of Eggs, and Sugars, then take six small Chickens, taking out the breast bone, and trussing them round, take two Nutmegs, and a good quantity of Cinnamon, and put it in in little pieces, take two yolkes of Eggs, and beat them with six spoonfulls of verjuice, then take your juice and verjuice, and a little salt, stir them well together, take a good deal of butter, and wet it in the verjuice, and put it in the bellies of the Chickens, so lay them in the Pie with butter under them, then take half a pound of Currans washed and dried, so lay them.

them on the top of the Chickens, with a piece of Marrow, Barberries, Grapes, and good store of Butter and Sugar, as will season it, a little before you draw out your Pie, put in Verjuyce and Sugar boyled together.

To bake Beef like red Deer.

Take a pound of Beef, and slice it thin, and half a pint of good Wine Vinegar, some three Cloves, and Mace above an ounce, three Nutmegs, pound them altogether, Pepper and Salt, according to your discretion, and a little Sugar, mix these together, take a pound and half of Suet, shred, and beat it small in a Mortar, then lay a row of Suet, a row of Beef, strow your Spices between every lane, then your Vinegar, so do till you have laid in all, then make it up, but first beat it close with a rowling pin, then presse it a day before you put it in your paste.

To

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To roast a shoulder of Mutton with Thyme.

Draw your Shoulder of Mutton, and when it is half roasted, save the gravy, and cut a good deal of the inside of it, and mince it grosse, and boil it in a dish with the gravy, and Thyme, Claret wine, and sliced Nutmeg, and when your Shoulder is roasted, lay it in the dish with sliced Lemon, but remember to scotch your Mutton in roasting, as you doe when you boil it.

To roast a Shoulder of Mutton with Oysters.

When you open the Oysters save the liquor, then season them with Pepper, and a little Cloves, and Mace, and Hearbs finely chopped, and the yolk of two or three Eggs chopped small, and some Currans parboyled a little, then stuffe your Shoulder of Mutton thick with your Oysters, then season it, and lay it to the fire, and roast it, then take the rest of your Oysters, and boil

boil them with a little white Wine, and some Butter, this is sauce for a your shoulder of Mutton, when your Oysters are opened, you may par-boil them in their own liquor, then take them out and season them.

To make Angellets.

Take a quart of new Milk, and a pint of Cream, and put them together with a little Runnet, when it is come well, take it up with a spoon, and put it into the vate softly, and let it stand two dayes, till it is pretty stiffe, then slip it out, and salt it a little at both ends, and when you think it is salt enough, set it a drying, and wipe them, and within a quarter of a year they will be ready to eat.

To make black Puddings.

Take your bloud when it is warm, put in some salt, and when it is thoroughly cold, put in your groats well pickt, and let it stand soaking a night, put in the herbs, which must

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be Rosemary, large Savory, Pennyroyal, Thyme, and Fennel, then make it soft with putting of good Cream hot untill the bloud look pale, then beat four or five Eggs, whites and all, and mingle it, then season it with Cloves, Mace, Pepper, Fennel seeds, then put good store of Beesfuet in your stufte, and mince your fat not too small.

To make white Puddings.

After the humbles are very tender boiled, take some of the lights, with the hearts, and all the flesh and fat about them, picking from them all the sinewes and skin, then chop the meat small as can be, then put to it a little of the Liver very finely searced, some grated bread searced, four or five yolks of Eggs, a pint of very good Cream, a spoonful or two of Sack, a little Sugar, Cinnamon, Cloves, and Mace, a little Nutmeg, a few Canary seeds, a little Rose-water mingled with a good deal of

Swine

Swines fat, a little Salt, roul it in
roules two houres, before you goe
about it, let the fat side of the skin be
turned and steeped in Rose-water
till you fill them.

To make Almond Puddings.

Take a pound of Almonds blanch-
ed, and beat them very small with a
little Rose-water, boil good Milk
with a flake of Mace, and a little slic-
ed Nutmeg, when it is boiled, take
it clean from the Spice, then take the
quantity of a penny loaf, grate it,
and searce it through a Cullender,
and then put it into the milk, and
let it stand till it be pretty cool, then
put in the Almonds, and five or six
yolks of Eggs, and a little Salt and
Sugar, what you think fit, and good
store of Beef suet, and Marrow very
finely thred.

To make a Pudding to bake.

Take a penny loaf, pare it, slice it
in a quart of Cream, with a little

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Rose-water, and break it very small, take three ounces of Jordan Almonds blanch'd, and beaten small with a little Sugar, put in some eight Eggs beaten, a Marrow-bone, and two or three Pippens sliced thin, or any way, ming'le these together, and put in a little Ambergriee if you please.

To make a boild Pudding.

Take a pint of Cream or Milk, boil it with a stick of Cinnamon a little while, and take it off, and let it stand till it be cold, put in six Eggs, take out three whites, beat your Eggs a little before you put them into the Milk, then stir them together, then take a penny roul and slice it very thin, and let it lie and soak, and then braid it very small, then put in some Sugar, and butter your cloth before you put it in, it will take but a little while seething, and when you take it up, melt a little fresh Butter, and a little Sack, and Sugar, beat all these

toget-

together, and put it into the dish with
your Pudding to be served in.

*To make a Cream Pudding to be
boyled.*

Take a pint and a half of thick
Cream, and boile it with Mace, Gin-
ger, and Nutmeg quartered, then
put to it, eight Eggs, with four whites
beaten, and Almonds blancht a
pound, and strained in with the
Cream, a little Rose-water, and Su-
gar, and a spoonful of flower searced
very fine, then take a thick napkin,
wet it, and rub it with flower, and
tie the pudding up in it, boile it where
Mutton is boiled, or in the Beef pot,
remember to take out the whole
spice out of the Cream when it is
boiled, the sauce for this pudding is
a little sack, sugar, and a pretty peice
of butter, you must blanch some Al-
monds, when they are blanched, cut
every Almond in three or four pei-
ces the long way, and stick them up
an end upon the pudding very thick.

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To make a Whitepot.

Take a pint and a half of Cream, a quarter of a pound of Sugar, a little Rose-water, a few Dates sliced, a few Raisins of the Sun, six or seven Eggs, and a little large Mace, a sliced Pippen, or Lemon, cut sipper fashion for your dishes you bake in, and dip them in Sack or Rose-water.

To make a forc'd dish of any cold meat.

Take any cold meat and shred it small, a little Cloves and Mace, and Nutmeg, and two yolks of Eggs, a spoonful or two of Rose water, a little grated bread, a little Beef suet shred small, make it up into balls, or any fashion you please, and boil them in tried suet between two earthen dishes, your suet must boil before you put in your meat, for sauce, a little Butter, Verjuice, and Sugar.

To

To make a forc'd dish of a Leg of Mutton or Lamb.

Take a Leg of Mutton, or Lamb, cut out the flesh, and take heed you break not the skin of it, then parboil it, and mince it with a little Beef suet, put into it a little sweet Hearbs shred, three or four Dates slic'd, a little beaten Nutmeg, Cloves, and Mace, a few Currans, a little Sugar, a little Verjuyce, three or four Eggs, mix them together, and put them in the skin, and set it in a dish, and bake it.

To boil a Calves head with Oysters.

Take the head, and boil it with Water and Salt, a little white Wine or Verjuyce, and when it is almost enough, then cut some Oysters, and mingle them together, and a blade or two of Mace, a little Pepper, and Salt, and a little liquor of the Oysters, then put it together, and put it to the Calves head, and the largest Oysters upon it, and a slit Lemon, and Barberries, so serve it in.

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To fry a Coast of Lamb.

Take a coast of Lamb, and par-boil it, take out all the bones, as near as you can, and take some four or five yolkes of Eggs beaten, a little Thyme, and sweet Majoram, and Parsly minced very small, and beat it with the Eggs, and cut your Lamb into square peices, and dip them in-
so the Eggs and Hearbs, and fry them with Butter, then take a little Butter, white Wine, and Sugar for sauce.

To stew Saucesedges.

Boil them in fair water and salt a little, for sauce boil some Currans alone, when they be almost tender, then pour out the water, and put in a little white Wine, Butter, and Sugar.

To boil Ducks.

When they be half boiled, take a quart of the liquor and strain it, and put a quart of white Wine, and some whole Mace, Cloves, and Nutmegs sliced, and Cinnamon, and a few

Onions shred, a bundle of sweet
Hearbs, a few Capers, and a little
Samphire, when it is boiled, put
some Sugar to season it with a l.

To make white Broth with a Capon.

Trusse your Capons, and boil
them in fair water, and when they are
halt boiled, take out three pints of
the liquor, and put it to a quart of
Sack, and as much white Wine, and
slice two ounces of Dates half or
quarter wise as you please, a little
whole Mace, Cloves, and Cinna-
mon, a Nutmeg shred, of each a lit-
tle quantity, boil the broth in a pip-
kin by it self, untill the Dates begin
to be tender, then put in the marrow
of two bones, and let it boil a little,
not too much, then when your Ca-
pons be near ready, break twenty
Eggs, save the yolks from the whites,
and beat the yolks until you may
take up a spoonful and it will not
run beside the spoon, then you must
put a little cold broth to them, and

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so strain them through a cloth, then take up some of the hot broth to heat your Eggs, because else it will turn, let it have a walm or two after your Eggs be in, but not seeth too much for fear it turns, then dish your Capons, and pour your broth on them, and garnish your dish as you please.

To make stewed Broth.

Take a neck of Mutton, or a rump of Beef, let it boil, and scum your pot clean, thicken your pot with grated bread, and put in some beaten spice, as Mace, Nutmegs, Cinnamon, and a little Pepper, put in a pound of Currans, a pound and a half of Raisins of the Sun, two pound of Prunes last of all, then when it is stewed, to season it put in a quart of Claret, and a pint of Sack, and some Sanders to colour it, and a pound of Sugar to sweeten it, or more if need be, you must seeth some whole spice to garnish your dish withal, and a
few

few whole Prunes out of your pot.

To make gallendine sauce for a Turkey.

Take some Claret wine, and some grated Bread, and a sprig of Rosemary, a little beaten Cloves, a little beaten Cinnamon, and some Sugar.

An exceeding good way to stew Chickens.

Take Chickens, fley them, and cut them in pieces crosse way, then put them in a pipkin or skillet, and cover them almost with Pepper, and Mace, and Water, so let them stew softly with a whole Onion in it till part of that Liquor be consumed, then put in as much white Wine as will cover them again, take Parsly, sweet Majoram, winter Savory, with a little Thyme, and shred them very small, and put them in, and let them boil till they are almost enough, then put in a good peece of Butter.

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To boil a leg of Mutton.

Take a leg of Mutton and stuffe it, for the stuffing take a little Beef suet, and a few sweet hearbs, chop them small, and stuffe it, then boil it, and put in a handful of sweet hearbs, cut them small, mingle a hard Egg amongst the hearbs, and strow it upon the Mutton, melt a little Butter and Vinegar, and pour it into the dish, and send it in.

To keep Quinces all the year.

First you must core them, and take out the kernels clean, and keep the cores and kernels, then set over some water to boil them, then put them in when you set over the water, then let them boil till they be a little soft, and then take them up, and set them down till they be cold, then take the kernels and stamp them, and put them into the same water they were boiled in, and let them boil till they be thick, see you have as much liquor as will cover the Quinces, and if you have not enough, take of the

the smallest Quinces, and stamp them to make more liquor, and when it is boiled good and thick, you must strain it through a course cloth, and when the Quinces be cold, then put them into a pot, and the liquor also, and be sure the liquor cover them, you must lay some weight upon them to keep them under, so cover them close, let them stand fourteen dayes, and they will work of their own accord, and they will have a thick rind upon them, and when they wax hoary or thick, then take it from the liquor, for it will have a skin on it within a moneth or six weeks.

Topickle Cowcumbers.

Take the Cowcumbers, and wash them clean, and dry them clean in a cloth, then take some Water, Vinegar, Salt, Fennel tops, and some Dill tops, and a little Mace, make it fast enough, and sharp enough to the taste, then boil it a while, and then take it off, and let it stand and cool, then

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then put in the Cowcumbers, and a board on the top to keep them down, and tie them close, and within a week they will be fit to eat.

To pickle Purslain.

Take the Purslain, and pick it in little peices, and put it into a pot or barrel, then take a little Water, Vinegar, and Salt, to your taste, it must be pretty strong of the Vinegar and Salt, and a little Mace, and boil all these together, and pour this liquor in seething hot into the Purslain, and when it is cold tie it close, but put a little board on the top to keep it down, and within a week or two it is fit to eat.

*To doe Clove-gilliflowres up for Sal-
letting all the year.*

Take as many Clove-gilliflowers as you please, and slip off the leaves, then strow some Sugar in the bottome of the gallipot that you doe them in, and then a lane of Gilliflowers, and then a lane of Sugar,
and

and so doe till all the Gilliflowres be done, then pour some Claret wine into them as much as will cover them, then cut a peice of a thin board, and lay it on them to keep them down, then tie them close, and set them in the Sun, and let them stand a moneth or thereabouts, but keep them from any rain or wet.

To pickle Broom-buds.

Take as many Broom-buds as you please, make linnen bags, and put them in, and tie them close, then make some brine with Water and Salt, and boil it a little, let it be cold, then put some brine in a deep earthen pot, and put the bags in it, and lay some weight upon them, let it lie there till it look black, then shift it again, so you must doe as long as it looks black, you must boil them in a little caldron, and put them in Vinegar a week or two, and then they be fit to eat.

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To pickle Oysters.

Take your Oysters and pick them out of the Shells, and save the liquor that cometh from them, then take your Oysters one by one, and wash them clean out of grist, then strain the liquor, then take a quantity of white Wine, and a large Mace or two, and two or three slices of Nutmeg, and Pepper grossly beaten, and salt them, boil it together, then put in your Oysters and boil them, then take the yolk of an Egg, and beat it well with Wine Vinegar, then take up your Oysters and let them cool, then put in your Egg, and let it boil, take it off, and let it cool, and put it up together.

To make Grout.

Take some Wheat and Beanes, and when you have made it into Malt, then riddle it, then take some Water, or some small Wort, and heat it scalding hot, and put it into a pail, then stir in the Malt, then take
a peice

a piece of four leaven, then stir it about, and cover it, and let it stand till it will cream, then put in some Orange pills, then put it over the fire and boil it, keeping it stirring till all the white be gone.

To make Jelly of Marmalet.

Take Quinces and pare them, cut them into water in little peices, and when you have done all, then take them out of the water, and weigh them, and to every pound of Quinces take five quarters of a pound of Sugar, and half a quarter, then put it into the skillet, and put as much water as will make it pretty thin, then set it on the fire, and clarify it with the white of an Egg, and scum it off clear, then put in your Quinces, and let it boil a pretty pace, and cover it close till it is pretty thick, then leave stirring it till it is thick enough for Marmalet, then take it off, and put it in your glasse, and do it with your knife in little workes, when you have done, let it stand,
your

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your costly must boil all the while, you must put in as much water as will make it pretty thin, when it is boiled to a pretty good colour, then stir it, and weigh it, then take of loaf Sugar as much as it weighs, and boil it altogether to a Jelly, then pour it into your Marmaliet glasse, then put it in a stove, and put some fire in every day.

To make Jelly of Pippins.

Take Pippins, pare, quarter, and coar them, lay them in water, and when you set them on the fire shift them in another water, and put them in a skillet, and put as much water as will cover them, and a little more, set them over the fire, and make them boil as fast as you can, when the Apples are soft, and the liquor taste strong of the Apples, then take them off, and strain them through a piece of canvas gently; take to a pound of juyce a pound of Sugar, then set it on the fire, when it is

is melted, strain it into a Bason, and
since your skillet again, set it on the
fire, and when it is boiled up then
scum it, and make it boil as fast as
you can, and when it is almost boil-
ed, put in the juyce of three Lemons
strained through a cloth, if you will
have Orange pill pare it thin, that
the white be not seen, and then lay it
in the water all night, then boil them
in the water till the pill be soft, then
cut them in long peices, then put it
into the Sirupe, and stir it about, and
fill your glasss, and let it stand till
it be cold, and then it is ready to
eat.

To preserve green Walnuts.

Take Walnuts, and boil them till
the water doe taste bitter, then take
them off, and put them in cold wa-
ter, and pill of the bark, and weigh
as much Sugar as they weigh, and a
little more water than will wet the
Sugar, set them on the fire, and when
they

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they boil up take them off, and let them stand two dayes, and boil them again once more.

To preserve white Quinces.

Take a pound of Quinces, boil them with the skins on, but core and pare them, take a quarter of a pound of Sugar, with water no more than will wet the Sugar, put the Quinces into it presently, boil them as fast as may be, and skin them, when the sirrup is thick take it up.

To make Goosberry Tarts.

Take a pint of Goosberries, and put them into a quarter of a pound of Sugar, and two spoonfuls of water, and put them on the fire, and stir them as you did the former.

To preserve Resberries.

Take as many as you please, a lay of Sugar, and a lay of Resberries, and so lay them into the skillet, and as much Sugar as you think will make sirrup enough, and boil them,
and

and put two spoonfuls of water in,
boilcom it, take it off, and let it stand.

To preserve Currans.

Part them in the tops, lay a lain
of Currans, and a lain of Sugar, and
boil them as fast as you doe Res-
berries, doe not put in the spoon, but
scum them, boil them till the sirrup
be pretty thick, then take them off,
and let them stand till they be cold,
and then put them into a glasse.

To preserve Medlers.

Take the just weight of Sugar as
they weigh, to a pound of Sugar put
a pint and a half of water, scald them
as long as the skins will come off,
stone them at the head, put the water
to the Sugar, and boil it, and strain
it, put in the Medlers, boil them a-
pace, let them stand till they be thick,
then take them off.

To preserve Goosberries.

Take the fairest Goosberries you
can get with the stalkes on, prick
three

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three or four holes in every one of them, then take the weight of them in Sugar, lay the best part of the Sugar in the bottome of a silver or pewter dish, then lay your Goosberries one by one upon it, strew some of the rest of the Sugar upon them, and put two spoonfulls of the water into half a pound, then set the Goosberries on a chafingdish of coales, and let them stand uncovered, scalding upon the fire a pretty while before they boil, but not too long, for then they will grow red, and when they be boiling, let them not boil too fast, when they be enough put them up, you must put the rest of the Sugar on them as they boil, and that will harden them, and keep them from breaking.

To make Goosberry Cakes.

Prick as many Goosberries as you please, and put them into an earthen Pitcher, and set it in a kettile of water till they be soft, and then put them
into

into a five, and let them stand till all the juicie be out, and weigh the juice, and as much Sugar as sirrupe; first boil the Sugar to a Candy, and take it off, and put in the juice, and set it on again till it be hot, and take it off, and set them in a presse till they be dry, then they are ready.

To doe Goosberries like Hops.

Take pricks of black thorn, then take Goosberries, and cut them a little a crosse, take out the stones, put them upon the pricks, weigh as much Sugar as they weigh, and take a quart or a pint of water, and put into the Sugar, and let it boil a while, then put in the hops, let them stand and scald two houres upon the coales till they be soft, then take out the Hops, and boil the sirrup a while, then take it off, and put in the Hops.

To preserve Apricocks.

First stonethem, and weigh them, and take as much Sugar as Apricocks,

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cocks, put it in a bason, some in the bottome, and some on the top, let them stand all night, set them on the fire till they be scalding hot, then heat them twice more.

To make Apricock Cakes.

Take as many Apricocks as you please, and pare them, put as much Sugar as they weigh, take more water than will melt the Sugar, then boil the Sugar and it together, till they be pretty stiffe, then take them off, and put them in saucers.

To make Mackeron.

Take half a pound of Almonds put them in water stamp them small put in some Rose-water, a good spoonful of flower, four Eggs, half a pound of Sugar, in the beating of the Eggs put in the Almonds, heat the oven hot enough to bake a Custard, put them in, when you have taken them out, let them stand till they be cold, they must be baked in earthen pans round, and buttered very thia.

*How to preserve White Damsons
green.*

Take white Damsons, scald them
in water till they be hard, then take
them off, and pick as many as you
please, take as much Sugar as they
weigh, strew a little in the bottome,
put two or three spoonfuls of wa-
ter, then put in the Damsons and
the Sugar, and boil them, take them
off, then let them stand a day or
two, then boil them againe, take
them off, and let them stand till they
be cold.

To preserve Mulberries

Take as many Mulberries as you
please, and as much Sugar as they
weigh: First wet the Sugar with
some juyce of Mulberries, stir your
Sugar together, then put in your
Mulberries, then boil them apace
till you think they are boiled e-
nough, then take them off, and boil
the sirrupe awhile, and put it into
the Mulberries, let them stand till
they be cold.

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How to preserve Pippens white

Take some Pippens, and pare them, and cut them the crosse way, and weigh them, add to a pound of Sugar, a pint of water, then put the Sugar to the water, and then let it boil awhile, and then put in the Pippens, and let them boil till they be clear at the core, take them off, and put them up.

How to make white Quince cakes.

Take Quinces, and let them stand till they be cold, but not seethed till they be tender enough, then take them off, and pare them, then scrape off the softest, and doe it through a sieve, and then weigh as much Sugar as it doth weigh, and beat it, and sift it into the Quinces, and stir it altogether, and set it on the coales, and stir it about, but let it not boil at all, but let it stand and cool, till it be pretty thick, then take it off, and put it in glasse saucers.

How

How to preserve Grapes.

Stamp and strain them, let it settle a while, before you wet a pound of Sugar or Grapes with the juyce, stone the Grapes, save the liquor, in the stoning take off the stalks, give them a boyling, take them off, and put them up.

How to preserve Damsons.

Take as many as you please, and weigh as much Sugar as they weigh, and strew some in the bottome, and some on the top, and you may wet the Sugar with some sirupe of Damsons, or a little water, then set them upon the fire, and let them stand and soak softly about an hour, then take them off, and let them stand a day or two, then boil them up till you think they be enough, take them off, and put them up.

To make Cakes of Lemon or Violets.

Take of the finest double refined Sugar, beaten very fine, and searced through fine Tiffenle; and to half a silver porringer of Sugar, put to it

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two

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two spoonfulls of water, and boil it till it be almost sugar again, then grate of the hardest rinded Lemon, then stir it into your Sugar, put it into your Coffins of Paper, and when they be cold, take them off.

How to preserve Quinces red.

Take your Quinces and weigh them, to a pound put a pound of sugar, and half a pint of water, put your water to your sugar, and let it stand, your Quinces must be scalded till they be tender, take them off, pare them, and core them, but not too much, then put them in the skillet where the sugar is, then set them on the fire, and let them boil two hours, if it be not enough, boil it a little more, pour it to the Quinces, and stop it close.

How to make Bisket bread.

Take a pound and a half of white loaf sugar, and so much flower, as much Anise seed, Coriander seed, and Carraway seed as you please
and

and twelve Eggs, three whites left out, take the sugar and sift it fine, and the flower also, and beat your Eggs a little, then mingle them well together with four spoonfuls of damask Rose-water, beat them well together, and put in two spoonfuls more, and beat it again, about an hour and a half in all, then butter plate trenchers, and fit them with stufte, scrape some sugar on them, and blow it off again, heat your oven hot enough to bake a Pie, and let the lid stand up a little while to draw down the heat from the top, then take the lid down again, and let it stand till it be cool, that you may suffer your hand in the botttom, then set in the Plates, and set up the lid again untill they rise, then take them out, and loose them from the plates, and scrape the bottomes, and let them stand four hours, then they be fit to eat.

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*How to preserve Grapes to look cleay
and green.*

Take a pound of Grapes with no stalkes on them, when they do begin to be ripe, then weigh as much double refined Sugar beaten small, then take the Grapes that were weighed, stone them at the place where the stalkes are, pull off the skins, and strain some Sugar in the bottom of the thing you do them in, and so lay them in the Sugar you did weigh, till you have ston'd and pilled them, and so strew the Sugar upon them, then set them on the fire, and let them boil as fast as can be, till the sirupe be pretty thick, then take them off, and put them up till they be cold.

How to Candie Apricocks.

Take your Apricocks, the fairest, and scald them, and pill them, between two clothes crush the water softly out of them as dry as you can, without too much flatting them, then take of searced Sugar almost

as

as much as they weigh, and boil it altogether to a candy height, then take it off the fire, and lay the Apricocks in it one by one, with a feather annoynt them over, then set them on a chafingdish of coales, and let them be through sod, but not boile, then take them off the fire, and let it in a stone or bloud-warne oven, and twice a day set them on a fire, and turn them once at every heating, anoynting them with a feather, and the same sirupe every time you take them off the fire, this do untill you see the sirupe begin to sparkle, and full of eyes, then take them out of the sirupe, and lay them on glasse plates, and dry them in a stove or oven, turning them a day or two till they be dry, white Pear-plums may be done thus.

To make Paste of Goosberries, or Barberries, or English Currants.

Take any of these tender fruits, and boil them softly on a chafing-dig of coales, then strain them

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with the pap of a rotten Apple, then take as much sugar as it weighes, and boil it to a Candie height, with as much Rose-water, as will melt the sugar, then put in the pap of your fruit into the hot sugar, and let it boil leasurely, till you see it reasonable stiffe, almost as thick as for Marmalet, then fashion it on a sheet of glasse, and so put it into the Oven, upon two Billets that the glasse may not touch the bottome of the Oven, for if it do, it will make the paste tough, and so let it dry leisurely, and when it is drye you may box it, and keep it all the year.

To make paste of Oranges and Lemons.

Take your Oranges and Lemons and set on the fire two vessels of fair water at once, boil them, and then thist the water seven times, that the bitternesse may be taken from them, and they very tender, then cut them through the middst, and take out the kernels ; and wring

wring out all the water from them, then beat them in an Alabaſter mortar, with the papps of three or four Pippens, then ſtrain it through a fine ſtrainer, then take as much ſugar as that pap doth weigh, being boiled to a Candie height, with as much Roſe-water as will melt the ſugar, then put the pap of your Oranges and Lemons into the hot Sugar, and ſo let it boil leaſurely with ſtirring, and when you ſee it ſtiffe as for Manchet, then faſhion it on a ſheet of glaſſe, and ſo ſet it in a ſtove or Oven, and when it is thoroughly dry, box it for all the year.

To make Paſte Royall in Spice.

Take Sugar the quantity of four ounces, very finely beaten and ſearced, and put into it an ounce of Cinnamon, and Ginger, and a grain of Muſk, and ſo beat it into paſte, with a little Gum-Dragon ſteeped in Roſe-water, and when you have beaten it into paſte in a ſtone mor-

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ter, then roule it thin, and print it with your moulders, then dry it before the fire, and when it is dry, box and keep it all the year.

To candie Peares, Plums, or Apricocks, that shall look as clear as Amber.

Take your Apricocks and Plums, and give every one a cut to the stone in the notch, and then cast Sugar on them, and bake them in an Oven as hot as for Manchet close stopped, bake them in an earthen platter, let them stand half an hour, then take them out of the dish, and lay them one by one upon glasse plates, and so dry them, if you can get glasses made like Marmaliet boxes to lay over them, they will be the sooner candi'd, this is the manner to candie any such fruit.

To make paste Royall white, that you may make Court Bouls, or Capps, or Gloves, Shooes, or any pretty thing Printed in Moulds.
Take half a pound of double refined

fined Sugar, and beat it well, and scarce it through a fine lawn, then put it into a fine Alabaster mortar, with a little Gum-dragon steeped in a little Rose-water, and a grain of Musk, so beat them in a mortar till it com to a pretty paste, then roul it thin with a rouling pin, and print it with your molders like. Gloves, Shooes, or any thing else, and some you may roul very thin with a rouling pin, and let dry in an Ashen dish, otherwise called a Court cap, and let it stand in the dish till it be dry, and it will be like a saucer, you must dry them on a boord farre from the fire, but you must not put them in an Oven, they will be dry in two or three houres ; and be as white as snow, then you may guild Box and Cap.

To make fine Diet Bread.

Take a pound of fine Flower twice or thrice drest, and one pound and a quarter of hard Sugar finely beaten, and take seven new laid Eggs,

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Eggs, and put away the yolke of one of them, then beat them very well, and put four or five spoonfulls of Rose-water amongst them, and then put them into an Alabaſter or Marble mortar, & then put in the flower and ſugar by degrees, and beat it or pound it for the ſpace of two houres, untill it be perfectly white, and then put in an ounce of Canary ſeeds, then butter your Plates or Saucers, and put into every one, and ſo put them into the Oven; if you will have it glosſe and Icie on the top, you muſt waſh it with a feather, and then ſtrew Sugar very finely beaten on the top before you put it into the Oven.

To preſerve Apricocks.

Take your Apricocks and put them into a ſkillet of fair water, and put them over the fire untill they be ſomething tender, then take them up out of the water, and take a bodkin and thruſt out the ſtone at
the

the top, and then peell off their skins, and when you have so done, put them into a silver dish or bason, and lay sugar very finely beaten over and under them, then put a spoonfull or two of water unto them, & set them over a very soft fire untill they be ready, then take them up, and lay them into another dish a cooling, and if you see good, boil the sirupe a little more, when they are cold, and the sirupe almost cold, put them up into a gallie pot or glasse altogether,

To preserve Damsons.

Take a pound or something more of pure Sugar finely beaten, and then take a pound of Damsons, and cut one scotch in the side of each of them, and put a row of Sugar in a silver dish or bason, and then lay in a row of Plums, and then cover it with Sugar, and so lay it in till they be all in, and then take two spoonfulls of clean water, and make a hole in the middle of them

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them, and set it over a very soft fire and looke to it carefully, for fear the Sugar should burn, and when the Sugar is all dissolved, shake them together, and stirre them gently, and then set them downe, and cover them til they be cold, and when they be cold, set them upon the coales againe, and then let them boil gently till they be ready, and when they are ready take them downe, and take them every one by its stem, and cover them with the skins as well as you can, and then put them all one by one in a dish, and if the sirrupe be not boiled enough, set it over and let it boil a little longer, and when the Plums be cold, put them in a gallie pot or glasse, and pour the sirrupe to them while it is a little warm, you must not forget to take away the skin of the Plums as it riseth.

To make Papp of Bar'y.

Take Barly and boyl it in fair
water

water softly untill it begin to break, then put that liquor out, then put as much hot water to it as you put forth and so let it boil till it be very soft, then put it into a Cullender and strain it, then take a handful of Almonds, and grind them very well with your Barly and some of the liquor, so season it with Sugar, and a little Rose-water, a little whole Mace and Cinnamon, and boil them well together.

How to Candie Lemons and Oranges.

Take the peels of your Oranges and Lemons, the white cut away, then lay them in water five or six dayes, shifting them twice every day, then seeth them till they be very tender, then take them out of the water, and let them lie till they be cold, then cut them in small pieces square, the bignesse of a penny or lesse, then take to every three two ounces of Sugar, put to it a quantity of fair Water, and a lesse quantity of Rose-water, and

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and make a sirup thereof, then skum it very clean, and put in your peels, and let them boil for the space of an hour or longer, if you find your liquor wanting, you may put in more water at your pleasure, then boil them a little space after with a little sharp fire, stirring it alwayes for burning, then take it off the fire three or four times, stirring them all the while, and set them on again untill they be candied.

How to make Cakes of Almonds.

Take one pound and a half of fine Flower, of Sugar twelve ounces beaten very fine, mingle them well together, then take half a pound of Almonds, blanch them, and grind them fine in a mortar, then strain them with as much Sack as will mingle the Flower, Sugar, and Almonds together, make a paste, bake them in an Oven not too hot.

How

How to make white Lemon Cakes.

Take half a dozen of yellow Lemons, the best you can get, then cut and pare them, leave none of the yellow behind, then take away the soure meat of it, and reserve all the white, and lay it in water two dayes, then seeth it in fair water till it be soft, then take it out, and set it by till the water be gone from it, then weigh it, and take twice the weight in Sugar, mince the white stuffe very fine, then take an earthen pipkin, and put therein some fair Water, and some Rose-water, if you have a pound of Sugar, you must have half a pint of Water, of both sorts alike, let your Water and Sugar boil together, then skum it, and put in the stuffe, and so let them boil together, alwayes stirring it till it be thick, it will shew very thin, and when it is cold it will be thick enough.

How to make Oyle of Violets.

Set the Violets in Sallade oil, and
strain

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strain them, then put in other fresh Violets, and let them lie twenty dayes, then strain them again, and put in other fresh Violets, and let them stand all the year.

How to preserve Pomecitron.

Take Pomecitron, and grate off the upper skin, then slightly cut them in pieces as you think good, lay them in water four and twenty houres, then set over a posnet with fair water, and when it boiles put them in, and so shift till you find the water be not bitter, then take them up and weigh them, and to every pound of Pomecitron put a pound and quarter of Sugar, then take of your last water a pint and quarter, set your water and Sugar over the fire, then take two whites of Eggs, and beat them with a little fair water, and when your sirupe begins to boil, cast in the same that riseth from the Eggs, and so let it boil, then let it run through a clean fine cloth, then put it in a
clean

clean Posnet, and when your sirupe
begins to boil, put In your Pome-
citron, and let it boil softly three
or four hours, untill you find your
sirupe thick enough, be sure you
keep them alwaies under sirupe, and
never turn them, take them up and
put them into your glasse, and when
they be cold cover them.

To candy Ringus Roots.

Take your Ringus Roots and
boil them reasonable tender, then
peel them, and pith them, then lay
them together, then take so much
Sugar as they weigh, and put it into
a posnet with as much Rose-water
as will melt it, then put in your
Roots, and so let it boil very softly
untill the Sugar be consumed into
the Roots, then take them and turn
them, and shake them till the Sugar
be dried up, and then lay them a
drying upon a lettice of wyer untill
they be cold, in like sort you may
candy any other Roots, which you
please.

To

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To candie all kind of Fruitrages, as Oranges, Lemons, Citrons, Lettice stocks, the Sugar-candy, such as the Confect makers doe candy the Fruits with.

Take one pound of refined Sugar, and put it into a posnet with as much water as will wet it, and so boil it untill it come to a candy height, then take all your fruit being preserved and dried, then draw them through your hot Sugar, and then lay them on your hardle, and in one quarter of an hour they will be finely candied.

To candie all kind of Floures in wayes of Spanish Candie.

Take double refined Sugar, put it into a posnet with as much Rose-water as will melt it, and put into it the pap of halfe a roasted Apple, and a grain of Musk, then let it boil till it come to a Candie height, then put in your floures, being pick'd, and so let it boil, then cast them on a fine plate, and cut it in

waves

aves with your knife, then you may
pot it with Gold and keep it.

To make Essings.

Take one peck of Oatmeal
u. gots, the greatest you can get, and
as the whitest, pick it clean from the
so black, and searce out all the smal-
dy left, then take as much evening
ng Milk as will cover it and something
more, boil it, and cool it againe
n till it be bloud-warm, then put it
e to the Oatmeal and let it soak all
e night, the next morning strain it
from your milk as dry as you can
through a cloth, then take three
pints of good Cream, boil it with
a Mace and the yolkes of eight
Eggs, when it is boiled put it into
your stufte, then put in six Eggs
more, whites and yolkes, season it
with a good quantity of Cinna-
mon, Nutmeg. and Ginger, and
a lesse quantity of Cloves and
Mace, put in as much Sugar as you
think will sweeten it, have good
there

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store of Suet shred small, and forge
not Salt, so boill them.

To make Sugar Cakes.

Take one pound of fine Flower
one pound of Sugar finely beaten
and mingle them well together
then take seven or eight yolkes of
Eggs, and if your Flower be good
take one white or two as you shall
thinke good, take two Cloves, and a
pretty piece of Cinnamon, and lay
it in a spoonfull of Rosewater all
night, and heat it almost bloud-
warm, temper it with the rest of
your stuffe, when the paste is
made, make it up with as much
haste as you can, bake them in a
soft Oven.

To make a Calves foot Pie.

Take your Calves-feet, boyle
them, and blanch them, then boyle
them again till they be tender, then
take out all the bones, season it with
Cloves, Mace, Ginger, and Cin-
namon, as much as you shall thinke
good, then put in a good quantity

of Currans and Butter, bake your Pie in a soft oven, and when it is baked, take half a pint of white Wine Vinegar, beat three yolkes of Eggs, and put it on coales, season it with Sugar, and a little Rose-water, alwayes stirring it, then put it into your Pie, and let it stand half a quarter of an hour.

How to make a very good Pie.

Take the backs of four white Herrings watred, the bones and skin taken away, then take so much Wardens in quantity pared and cored, half a pound of Raisins of the Sun stoned, mince all these together, and season it with Cinnamon and Ginger, and when the Pie is baked, put in a little Rose-water, and scrape Sugar on it, if you put in Butter, then put in a handfull of grated bread.

How to make Simbals.

Take fine Flower dryed, and as much Sugar as Flower, then take as much whites of Eggs as will make it a paste,

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a paste; and put in a little Rose-water, then put in a quantity of Coriander seed, and Annise seed, then mould it up in that fashion you will bake it in.

How to preserve Angelica roots.

Take the roots and wash them, then slice them very thin, and lay them in water three or four dayes, change the water every day, then put the roots in a pot of water, and set them in the embers all night, in the morning put away the water, then take to a pound of roots four pints of water, and two pound of Sugar, let it boil, and skum it clean, then put in the roots, they will be boyled before the sirupe, then take them up, boil the sirupe after, they will ask you a whole dayes work, for they must boil very softly; at St. *Andrewes* time is the best time to doe them in all the year.

How to boil a Capon with Brewis.

Take a Capon, and trusse him
to

to boil, set him on the fire in a good quantity of water, skum it very clean, before y u set on your Capon, put a little winter Savory and Thyme into the belly of it, and a little Salt and gross Pepper, when you have skummed it clean, cover it close to boil, then take a good handful of Hearbs, as Marigolds, Violet leaves, or any such green Hearbs as you shall think fit, wash them, and set them on the fire with some of the uppermost of the broth that boyles the Capon, then put into it good store of Mace, and boil it with the Capon, when the hearbs be boyied, and the broth very green, and almost consumed away, take the uppermost of your Capon, and strain it together, and scald your Brewis, and put it into a dish, and lay the Capon on them.

To make a Spite Cake.

Take one bushell of Flower, six pound of Butter, eight pound of Curr-

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Currans, two pints of Cream, a pottle of Milk, half a pint of good Sack, two pound of Sugar, two ounces of Mace, one ounce of Nutmegs, one ounce of Ginger, twelve yolks, two whites, take the Milk and Cream, and stir it all the time that it boils, put your Butter into a Basson, and put your hot seething Milk to it, and melt all the Butter in it, and when it is blowd warm, temper the Cake, put not your Currans in till you have made the paste, you must have some Ale yest, and forget not Salt.

To make Broth for a Neats-tongue.

Take Claret Wine, grated Bread, Currans, sweet Butter, Sugar, Cinnamon, Ginger, boil them altogether, then take the Neats tongue, and slice it, and lay it in a dish upon sippets, and so serve it.

To souce a Carp or Gurnet.

Take fair water and Vinegar, so that it may be sharp, then take Parsly,

Parfly, Thyme, Fennell, and boyle them in the broth a good while, then put in a good quantity of Salt, and then put in your Fish, and when it is well boyled, put the broth into a vessell, and let it stand.

To make a fine Pudding.

Take Crums of white Bread, and so much fine Flower, then take the yolks of four Eggs, and one white, a good quantity of Sugar, take so much good Cream as will temper it as thick as you would make Pancake batter, then butter your pan, and bake it, so serve it, casting some Sugar upon it, you must shred suet very small, and put into it.

To make a Broth to drink.

Take a Chicken, and a little of the neck of Mutton, and set them on, and scum it well, then put in a large Mace, and so let it boyle while the Chicken be tender, then take the Chicken out, and beat it all to

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pieces in a stone mortar, and put it in againe, and so let it boyle from four pints to a little more than half a pint, then cast it through a strainer, and season it.

To boyle a Chicken, Partridge, or Pyton.

Take your Chicken, and set it a boyling with a little of the neck of Mutton, and scum it well, then put in a Mace, and so let it boyle down, and when it is almost boyled, have some few hearbs parboyled, as Lettice, Endive, Spinage, Marigold leaves, for note, these hearbs are usually used to be boyled, which by course will hold their colour in boiling, and put some of these aforesaid hearbs to the Chicken and Mutton, if you think your broth strong enough, take out your Mutton, then you may put a little piece of sweet Butter, and a little Verjuyce, and a very little Sugar, and Salt, so serve it in with sippets.

A Broth to drink.

Take a Chicken, and set it on, and when it boyles scum it, then put in a Mace, and a very little Oatmeal, and such hearbs as the party requires, and boil it well down, and bruise the Chicken, and put it in again, and it is a pretty broth, and to alter it you may put in half a dozen Prunes, and ieave out the hearbs, or put them in, so when it is well boiled, strain it, and season it.

A Broth to eat on fasting dayes.

Take fair Water, and set it a boiling, and when it boileth, put to it so much strained Oatmeal, as you think will thicken it, and a large Mace, a handfull of Raisins of the Sun, as many Prunes, and as many Currans, if your quantity require it, so boyle it, and when it is boyled, season it with Salt and Sugar, and a piece of sweet Butter, if the time will allow it, and for an alteration, when this broth is boyled, put in a

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quantity of Cream , and it will doe
well.

To make Ponado,

The quantity you will make set
on in a posnet of fair water, when it
boils put a Mace in, and a little piece
of Cinnamon, and a handfull of
Currans, and so much Bread as you
think meet, so boil it, and season it
with Salt, Sugar, and Rose-water,
and so serve it.

To make a Caudle.

Take Ale, the quantity that you
mean to make, and set it on the fire,
and when it is ready to boil, scum it
very well, then cast in a large Mace,
and take the yolkes of two Eggs, for
one messe, or one draught, and beat
them well, and take away the skin of
the yolks, and then put them into the
Ale, when it seetheth, be sure to stir
them well till it seeth again for a
youngling, then let it boyle a while,
and put in your Sugar , and if it be
to eat, cut three or four tosts of
bread

bread thin, and toast them dry, but not brown, and put them to the Caudle, if to drink, put none.

To make Almond Butter.

Blanch your Almonds, and beat them as fine as you can with fair water two or three houres, then straine them through a linnen cloth, boyle them with Rose-water, whole Mace, and Annise seeds, till the substance be thick, spread it upon a fair cloth, draining the whey from it, after let it hang in the same cloth some few houres, then strain it, and season it with Rose-water and Sugar.

To stew Beef.

Take a good Rump of Beef cut from the bones, shred Turnips and Carroots small, and Spinnage, and Lettice, put all in a pan, and let it stew four houres with so much water, and a quart of white Wine as will cover it, when it is stewed enough, then put in a wine glasse full

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of Elder-vinegar, and serve it in with sippets.

To sauce a young Pig.

Take a young Pig being scalded, boyle it in fair Water, and white Wine, put thereto Bay leaves, whole Ginger, and Nutmegs quartered, a few whole Cloves, boill it thoroughly, and leave it in the same broth in an earthen pot.

To boil Flounders, or Pickrels after the French fashion.

Take a pint of white Wine, the tops of young Thyme and Rosemary, a little whole Mace, a little whole Pepper, seasoned with Verjuyce, Salt, and a piece of sweet Butter, and so serve it; this broth will serve to boil fish twice or thrice in, or four times.

To make flesh of Apricocks.

Take Apricocks when they are green, and pare them and slice them, and take half their weight in Sugar, put it to them, so put them in a skillet, and as much water as you think

think will melt the Sugar, so let them
boil, and keep them stirring till they
be tender, and so take them off, and
scum them very clean, so put them
forth of the skillet, and let them
stand, take as much Sugar as you had
before, and boil them to a Candie
height, and then put in your Apri-
cocks, and set them over a soft fire,
but let them not boil, so keep them
with oft stirring, till the Sirupe begin
to jelly, then put them in glasses, and
keep them for your use.

To make flesh of Quinces.

Take Quinces, pare them, and
core them, and cut them in halfs,
boil them in a thin sirupe, till they
be tender, then take them off, and let
them lie in sirupe, then take Quin-
ces, pare them, and quarter them,
take out the cores, put as much wa-
ter to them as will cover them, then
boil them till they be very tender,
and then strain out the liquor clean
from them, and take unto a pint of

that

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that liquor a pound of Sugar, put as much water to the Sugar as will melt it, then boil it to a Candie height, then stir the Quinces that are in the sirupe as thin as you can: when your Sugar is at a full Candy height, put in a pint of the liquor, then set it over a soft fire, stirring it leisurely till the Sugar be dissolved, then put in half a pound of your slices, keeping it still stirring, but not to boil, you must take the jelly of Quince kernels, that have lain in water two or three hours, take two good spoonfuls of it, and put it to the flesh, to keep it stirring leisurely till it begin to jelly upon the spoon, then put it into thin glasses, and keep it in a stove.

To preserve Oranges.

Take a pound of Oranges, and a pound of Sugar, pill the outward rind, and inward white skin off, take juice of Oranges, put them into the juice, boil them half an hour, and take them off.

To
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To dry Cherries

Take the fairest Cherries, stone them, take to six pound of Cherries a pound of Sugar, put them into a skillet, straining the Sugar among them as you put them in, then put as much water to them as will boil them, then set them upon a quick fire, let them boil up, then take them off, and strain them very clean, put them into an earthen pan or pot, let them stand in the liquor four dayes, then take them up, and lay them severally one by one upon silver or earthen dishes, set them into an oven after the bread is taken out, and so shift them every day upon dry glasses, and so till they be dry.

To dry Peaches.

Take Peaches and coddle them, take off the skins, stone them, take to four pound of Peaches a pound of Sugar, then take a gallie pot, and lay a lair of Peaches, and a lair of Sugar, till all be laid out, then put in
half

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half a pint of water, so cover them close, and set them in embers to keep warm, so let them stand a night and a day, put them in a skillet, and set them on the fire to be scalding hot, then put them into your pot again, and let them stand four and twenty hours, then scald them again, then take them out of your sirupe, and lay them on silver dishes to dry, you may dry them in an Oven when the bread is taken out, but to dry them in the Sun is better, you must turn them every day into cleare dishes.

To boil Veal,

Take Veal, and cut in thin slices, and put it into a Pipkin with as much water as will cover it, then with a handfull of Currans, and as much Prunes, then take a Court roul, and cut it in long slices like a Butchers skiver, then put in a little Mace, Pepper, and Salt, a piece of Butter, and a little Vinegar, some crumbs of Bread, and when it hath
stewed

stewed two houres, take it up, and serve it.

To boile a Capon in white broth.

Trusse a Capon to boile, and put it into a Pipkin of water, and let it boile two hours, and when it is boiled, take up a little of the broth, then take the yolks of Eggs, and beat them very fair with your broth that you take up, then set it by the fire to keep warm, season it with grated Nutmeg, Sugar, and Salt, then take up your Capon, and pour this broth on it with a little Sack, if you have it, garnish it with lippets, and serve it, remember to boile whole Mace with your Capon, and Marrow, if you have it.

To boile a Capon or Chicken in white broth with Almonds.

Boile your Capon as in the other, then take Almonds, and blanch them, and beat them very small, putting in sometimes some of your broth to keep them from oyling, when they are beaten small enough,

pus

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put as much of the uppermost broth to them as will serve to cover the Capon, then strain it, and wring out the substance clear, then season it as before, and serve it with marrow on it.

How to boil Brawn.

Water your Brawn four and twenty hours, wash and scrape it four or five times, then take it out of the water, and lay it on a fair table, then throw a handfull of Salt on every collar, then bind them up as fast as you can with Hemp, Bals, or Incle, then put them into your kettle when the water boileth, and when it boileth scum it clean, let it boil untill it be so tender that you may thrust a straw through it, then let it cool untill the next morning, by the toyced meats you may know how to sounce it.

How to boil a Gammon of Bacon.

Water your Gammon of Bacon twenty four hours, then put it into a deep kettle with some sweet hvy, let

it boil softly six or seven hours, then take it up with a scummer and a plate, and take off the skin whole, then stick your Gammon full of Cloves, strew on some grosse Pepper, then cut your skin like sippets, and garnish your Gammon, and when you serve it, stick it with Bayes.

How to boil a Rabbet.

Fley and wash a Rabbet, and slit the hinder legs on both sides of the back bone, from the forward, and trusse them to the body, set the head right up with a skiver, right down in the neck, then put it to boiling with as much water as will cover it, when it boils scum it, season it with Mace, Ginger, Salt, and Butter, then take a handful of Parsley, and a little Thyme, boil it by it self, then take it up, beat it with a back of a knife, then take up your Rabbet, and put it in a dish, then put your hearbs to your broth, and scrape in a Carret root, let your broth boil a little while,

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while, put in Salt, pour it on your Rabbet, and serve it.

How to boile a Mallard with a Cabbage.

Half roast your Fowl, then take it off, and case it down, then put it into a Pijkin with the gravie, then pick and wash some Cabbage, and put to your Mallard, with as much fair water as will cover it, then put in a good piece of Butter, and let it boile an hour, season it with Pepper and Salt, and serve it upon sops.

How to boile a Duck with Turnips.

Half roast her, then cover it with liquor, boile your Turnips by themselves half an hour, then cut them in Cakes, and put them to your Duck, with Butter and Parsly chopt small, when it hath boiled half an hour, season it with Pepper and Salt, and serve them upon sops.

How to boile Chickens, and Sorrell Sops.

Trusse your Chickens, and boile them in water and salt very tender,

then

then take a good handful of Sorrel,
and beat it stalks and all, then strain
it, and take a Manchet, and cut it in
sippets, and dry them before the fire,
then put your green broth upon the
coals, season it with Sugar, and gra-
ted Nutmeg, and let it stand untill
it be hot, then put your sippets into
a dish, put your Chickens upon
them, and pour sauce upon it, and
serve it.

How to boil a Pike in white Broth.

Cut your Pike in three pieces, and
boil it with water and salt, and sweet
heerbs, let it boil untill it stain, then
take the yolks of half a dozen Eggs,
and beat them with a little Sack, Su-
gar, melted Butter, and some of the
Pikes broth, then put it on the fire to
keep warm, but stir it often least it
curdle, then take up your Pike, and
put the head and tail together, then
cleave the other pieces in two, take
out the back bone, and put the one
piece on the one side, and the other
piece on the other side, but blanch
all

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all, then pour on your white broth
garnish your dish with sippets and
boiled Parsly, and strew on poudre
of Ginger, and wipe the edge of the
dish round, and serve it.

How to boil divers kinds of Fishes.

1 Bat, Conger, Thornback, Plaice,
Salmon, Trout, or Mullet, boil any
of these with Water, Salt, and sweet
herbs, when they boil scum it very
clean, then put in Vinegar, and let
it boil till you think it is enough,
your liquor must be very hot of the
Salt, then take it off, you may let it
stand five or six dayes in the liquor,
then if you would keep it longer,
pour the liquor away, and put Wa-
ter and Salt to it, or soucing drink,
you must remember to let your
Mullets boil softly, and your Thorn-
back and other fish very fast, you
must blanch your Thornback while
it is warm, and when you serve any
of these fishes, strew on some green
herbs.

How

*How to make Sallet of all manner
of Hearbs.*

Take your hearbs, and pick them clean, and the floures, wash them clean, and swing them in a strainer, then put them into a dish, and mingle them with Cowcumbers, and Lemons, sliced very thin, then scrape on Sugar, and put in Vinegar and Oil, then spread the floures on the top, garnish your dish with hard Eggs, and all sorts of your floures, scrape on Sugar, and serve it.

*How to stew Steaks between two
dishes.*

You must put Parsley, Currans, Butter, Verjuyce, and two or three yolks of Eggs, Pepper, Cloves, and Mace, and so let them boil together, and serve them upon sops, likewise you may doe steaks of Mutton or Beef.

How to stew Calves feet.

Boil them, and blanch them, cut them in two, and put them into a Pipkin with strong broth, then put
in

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in a little powder of Saffron, and sweet Butter, Pepper, Sugar, and some sweet hearbs finely minced, let them stew an hour, put in Salt, and serve them.

How to stew a Mallard.

Roast your Mallard half enough, then take it up, and cut it in little pieces, then put it into a dish with the gravie, and a piece of fresh Butter, and a handfull of Parsley chopt small, with two or three Onions, and a Cabbage-lettice, let them stew one hour, then season it with Pepper, and Salt, and a little Verjuyce, then serve it.

How to stew Trouts.

Draw your Trouts, and wash them, and then put them into a dish with white Wine, and Water, and a piece of fresh Butter, then take a handfull of Parsley, a little Thyme, and a little Savory, mince these small, and put to your Trouts with a little Sugar, let them stew half an hour, then mingle the yolks of two
or

or three hard Eggs, and strew them on your Trouts with Pepper and Salt, then let them stew a quarter of an hour, and serve them.

How to stew Smelts or Flounders.

Put your Smelts or Flounders into a deep dish with white Wine and Water, a little Rosemary and Thyme, a piece of fresh Butter, and some large Mace, and Salt, let them stew half an hour, then take a handfull of Parsley, and boil it, then beat it with the back of a knife, then take the yolks of three or four Eggs, and beat them with some of your fish broth, then dish up your fish upon sippets, pour on your sauce, scrape on Sugar, and serve it.

How to stew a Rabbit

Half roast it, then take it off the spit, and cut it in little pieces, and put it into a dish with the gravy, and as much liquor as will cover it, then put in a piece of fresh Butter, and some powder of Ginger, some Pepper and Salt, two or three Pippins

brained

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minced small, let these stew an hour, then dish them upon sippets.

How to stew a Pullet or Capon.

Half roast it, then cut it into pieces, put it into a dish with the gravy, and put in a little Cloves and Mace, with a few Barberies or Grapes, put these to your Pullet, with a pint of Claret, and a piece of Butter, let these stew an hour, dish them upon sippets, and serve it.

How to stew cold Chickens.

Cut them up in pieces, put them into a Pipkin of strong broth, and a piece of Butter, then grate some bread, and a Nutmeg, thicken your broth with it, season your meat with grosse Pepper, and Salt, dish it upon sippets, and serve it.

How to make Paste for a Pasty of Venison.

Take almost a peck of Flower, wet it with two pound of Butter, and as much Suet, then wet your Pasty,
put

Put in the yolks of eight or ten Eggs;
 make it reasonable like paste, then
 roll it out, and lay on Suet; First
 lay a paper under your paste, then
 lay on your Venison, close it, pink
 it, baste it with Butter, and bake it,
 when you draw it out, baste it with
 Butter again.

*How to make Paste for a Pie to
 keep long.*

Your Flower must be of Rye, and
 your liquor nothing but boiling
 water, make your paste as stiffe as
 you can, raise your Coffin very high,
 let your bottome and sides be very
 thick, and your lid also.

How to make Paste for a Custard.

Your liquor must be boiling wa-
 ter, make your paste very stiffe, then
 roll out your paste, and if you
 would make a great Tart, then raise
 it, and when you have done, cut out
 the bottome a little from the side,
 then roll out a thin sheet of paste,
 lay a paper under it, strew Flower
 that it may not stick to it, then set
 your

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your coffin on it, of what fashion you will, then dry it, and fill it, and bake it,

How to make Paste for buttered Loaves.

Take a pottle of Flower, put there- to Ginger, and Nutmegs, then wet it with Milk, yolks of Eggs, Yest, and Salt, then make it up into little loaves, then butter a paper, and put the loaves on it, then bake them, and when they are baked draw them forth, and cut them in cakes, butter them, then set them as they were, scrape on Sugar, and serve them.

How to make Paste for Dumplings.

Season your Flower with Pepper, Salt, and Yest, let your water be more than warm, then make them up like Manchets, but let them be somewhat little, then put them into your water when it boileth, and let them boil an hour, then butter them.

To make Puffe-paste.

Take a quart of flower, and a pound and a half of butter, and work the half pound of butter dry into the flower, then put three or four Eggs to it, and as much cold water as will make it lithe paste, then work it in a piece of a foot long, then strew a little flower on the table, and take it by the end, beat it untill it stretch long, then put the two ends together, and beat it again, and so do five or six times, then work it up round, and roul it up broad, then beat your pound of butter with a rouling pin, that it may be lithe, then take little bits of your butter, and stick it all over the paste, then fold up your paste close, and coast it down with your rouling pin, and roul it out again, and so do five or six times, then use it as you will.

To bake a gammon of Bacon.

You must first boil it two hours before you stufte it, stufte it with
P sweet

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sweet hearbs and hard Eggs chop
together with Parsley.

*To bake fillets of Beef, or clods,
stead of red Deer.*

First take your Beef, and lard
very thick, then season it with Pe-
pper, Salt, Ginger, Cloves, and Ma-
good store, with a great deal more
Pepper and Salt than you would do
to a piece of Venison, then close it, &
when it is baked put in some Vine-
gar, Sugar, Cinnamon, and Ginger
and shake it well, then stop the ven-
hole, and let it stand three weeks be-
fore you spend it.

To bake Calves feet.

Season them with Pepper, Salt
and Currans, when they be baked
take the yolks of three or four Eggs
and beat them with Verjayece or Vi-
negar, Sugar and grated Nutmeg
put it into your Pie, scrape on Su-
gar, and serve it.

To bake a Turkie

Take out his bones and guts, then

wash him, then prick his back together again, then perboil him, season him with Pepper and Salt, stick some Cloves in the breast of him, then lard him, and put him into your Coffin with butter, in this sort you may bake a Goose, Pheasant, or Cappon.

To bake a Hare.

Take out his bones, and beat the flesh in a mortar with the Liver, then season it with all sorts of spices, then work it up with three or four yolkes of Eggs, then lay some of it all over the bottome of your Pie, then lay on some Lard, and so do until you have laid on all, then bake it well with good store of sweet Butter.

To bake Quinces or Wardens, so as the fruit look red, and the crust white.

Your wardens must be stewed in a Pipkin with Claret wine, Sugar, Cinnamon, and Cloves, then cover your Pipkin with a sheet of paste,

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and let it stand in the oven five or six hours, then raise a Coffin of short paste, put in your Wardens with Sugar, and put it into the Oven, when it hath stood an hour, take it out and wash it with Rose water and Butter, then scrape on Sugar, and put it in a quarter of an hour more, and it will be red upon the top, then scrape on Sugar, and serve it.

To bake Chucks of Veal.

Perboil two pound of the lean flesh of a leg of Veal, so it may be eaten, mince it as small as grated bread, with four pound of Beet suet, then season it with Biskay Dates, and Carraways, Rose-water, Sugar, Raisins of the Sun, Currans, Cloves, Mace, Nutmeg, and Cinnamon, then mingle them all together, fill your Pies, and bake them.

To bake a Chicken Pie.

Season your Chicken with Nutmeg,

Nutmeg, Salt, and Pepper, and Sugar, then put him into your coffin, then take some Marrow and season with the same Spice, then roul it in yolks of Eggs, and lay it on your Chicken, with minced Dates, and good store of Butter, then bake it, and put in a little Sack, or Muscadine, or white Wine and Sugar, then shake it, scrape on Sugar, and serve it.

To bake a Steak Pie.

Cut a neck of Mutton in steaks, beat them with a cleaver, season them with Pepper, Salt, and Nutmeg, then lay them on your Coffin with Butter and large Mace, then bake it, then take a good quantity of Parsly, and boil it, beat it as soft as the pulp of an Apple, put in a quarter of a pint of Vinegar, and as much white Wine with a little Sugar, warm it well, and pour it over your steaks, then shake it, that the gravy and the liquor may mingle together, scrape on Sugar, and serve it.

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To make an Italian Pudding.

Take a Manchet, cut it in square pieces like a Die, then put to it half a pound of Beef suet minced small, Raisins of the Sun the stones picked out, Cloves, Mace, minced Dates, Sugar, Marrow, Rose-water, Eggs, and Cream, mingle all these together, and put it into a dish fit for your stufte, in lesse than an hour it will be baked, then scrape on Sugar, and serve it.

To bake a Florentine.

Take the Kidney of a loin of Veal, or the wing of a Capon, or the leg of a Rabbet, mince any of these small with the Kidney of a loin of Mutton, if it be not fat enough, then season it with Cloves, Mace, Nutmegs, Sugar, Cream, Currans, Eggs, and Rose-water, mingle these four together, and put them into a dish between two sheets of past, then close it, and cut the paste round by the brim of

of the dish, then cut round about like
Virginall keyes, then turn up one,
and let the other lie, then pink it, bake
it, scrape on Sugar, and serve it.

To roast a breast of Veal.

Take Parsly, and Thyme, wash
them, and chop them small, then
take the yolkes of five or six Eggs,
grated Bread, and Cream, mingle
them together with Cloves, Mace,
Nutmeg, Currans, and Sugar, then
ruse up the skin of the breast of
Veal, and put in your stuffe, prick it
up close with a skiver, then roast it,
and baste it with Butter, when it is
roasted, wring on the juyce of Le-
mon, and serve it.

To roast a Hare.

Care your Hare, but cut not off
her eares, nor her leg, then wash her,
and dry her with a cloth, then make
a pudding and put into her belly,
then, sow it up close, then ruse her
as if she were running, then spit her,
then take some Claret Wine, and
grated

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grated Bread, Sugar, and Ginger, Barberries, and Butter, boil these together for your sauce.

To roast a Shoulder of Mutton.

Roast it with a quick fire, that the fat may drop away, and when you think it is half roasted set a dish under it, and slash it with a knife across as you doe Pork, but you must cut it down to the bone on both the sides, till the gravy run into the dish, baste it no more after you have cut it, put unto the gravy half a pint of white Wine Vinegar, a handful of Capers and Olives, five or six blades of Mace, and a handful of Sugar, and stew all these together, and pour it on your meat.

To roast a Neats-tongue.

Boil him, and blanch him cut out the meat at the butt end, and mingle it with Beef suet as much as an Egg, then season it with Nutmeg, Sugar, Dates, Currans, and yolkes of raw Eggs,

Eggs, then put your meat to your Tongue, and bind it with a Caul of Veal or Mutton, then roast it, baste it with Butter, save the gravy, and put thereto a little Sack or Muscadine, let it stew a little while, then pour it on your Tongue, and serve it.

To roast a Pig with a Pudding in his belly.

Fley a fat Pig, truss his head looking over his back, then temper as much stuffe as you think will fill his belly, then put it into your Pig, and prick it up close, when it is almost roasted wring on the juyce of a Lemon, when you are ready to take it up, take four or five yolks of Eggs, and wash your Pig all over, mingle your bread with a little Nutmeg and Ginger, then dry it, and take it up as fast as you can, let your sauce be Vinegar, Butter, and Sugar, the yolk of a hard Egg minced, and serve it hot.

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To roast a Leg of Mutton.

Cut holes in a Leg of Mutton with a Knife, then thrust in slices of Kidney suet, and stick it with Cloves, roast it with a quick fire, when it is half roasted, cut off a piece underneath, and cut it into thin slices, then take a pint of great Oysters with the liquor, three or four blades of Mace, a little Vinegar and Sugar, stew these till the liquor be half consumed, then dish up your Mutton, pour on the sauce, and serve it.

To roast a Neck of Mutton.

Cut away the swag, and roast it with a quick fire, but scorch it not, bathe it with Butter a quarter of an hour, after wring on the juyce of half a Lemon, save the gravy, then bathe it with Butter again, wring on the other half of the Lemon, when it is roasted, dry it with Murchet and grated Nutmeg, then dish it, and pour on your sauce.

*To roast a Shoulder or Haunce of
Venison, or a Chine of Mutton,*

Take any of the meats and lard
them, prick them with Rosemary,
baste them with butter, then take half
a pint of Claret Wine, Cinnamon,
Ginger, Sugar, grated Bread, Rose-
mary, and Butter, let all these boile
together until it be as thick as water-
gruel, then put in a little Rose-water
and Musk, it will make your Gallin-
taste very pleasantly, put it on a
fitting dish, draw off your meat, and
lay it into that dish, strew it with salt.

To roast a Shoulder or Fillet of Veal.

Take Parsly, winter Savory, and
Thyme, mince these small with hard-
Eggs, season it with Nutmeg, Pep-
per, Currans, work these together
with raw yolkes of Eggs, then stuffe
your meat with this, roast it with a
quick fire, baste it with Butter, when
it is roasted, take the gravy and put
thereto

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thereto Vinegar, Sugar, and Butter,
let it boil, when your meat is roasted
pour this sauce on it, and serve it.

To roast Giggitt of Mutton.

Take your Giggitt, with Cloves,
and Rosemary, and lard it, roast it,
batte it with Butter, and save the
gravy, put thereto some Claret wine,
with a handful of Capers, season it
with Ginger and Sugar, when it is
boiled well, dish up your Giggitt, and
pour on your sauce.

To fry Chickens.

Boil your Chickens in Water and
Salt, then quarter them into a pan
with sweet Butter, and let them fry
leisurely, then put thereto a little
Verjuyce, and Nutmeg, Cinnamon
and Ginger, the yolks of two or
three raw Eggs, stir these well toge-
ther, and dish up your Chickens,
pour a sauce upon them.

To

To fry Calves-feet.

Boil them, and blanch them, then cut them in two then take good store of Parsley, put thereto some yolkes of Eggs, season it with Nutmeg, Sugar, Pepper, and Salt, and then roul your Calves-feet in them, and fry them with sweet Butter, then boil some Parsly, and beat it very tender, put to it Vinegar, Butter, and Sugar, heat it hot, then dith up your Feet upon sippets, pour on your sauce, scrape on some Sugar, and serve it hot.

To fry Tongues.

Boil them, and blanch them, cut them in thin slices season them with Nutmeg, Sugar, Cinnamon, and Salt, then put thereto the yolkes of raw Eggs, the core of a Lemon cut in square peices like a Die, then fry them in spoonfuls with sweet Butter, let your sauce be white Wine, Sugar, and Butter, heat it hot, and pour it on your Tongues, scrape on Sugar, and serve it.

To

To make Fritters.

Make your Batter with Ale, Eggs, and Yest, season it with Milk, Cloves, Mace, Cinnamon, Nutmeg, and Salt, cut your Apples like Beanes, then put your Apples and Batter together, fry them in boyling Lard, strew on Sugar, and serve them.

To souce Brawn.

Take up your Brawn while it be hot out of your boyler, then cover it with Salt, when it hath stood an hour, turn the end that was under upward, then strew on Salt upon that, then boil your soucing drink, and put thereto a good deal of Salt, when it is cold, put in your Brawn with the Salt that is about it, and let it stand ten dayes, then change your soucing drink, and as you change your soucing drink put in Salt, when you spend it, If it be too salt, change it in fresh drink.

To souce a Pig.

Cut off the head, and cut your Pig
into

into two fleikes, and take not out the bones, then take a handful of sweet Hearbs, and mince them small, then season your Pig and Hearbs with Nutmeg, Ginger, Cloves, Mace, and Salt, then strew your Hearbs in the inside of your Pig, then roul them up like two Collers of Brawn, then bind them in a cloth fast, then put them a boyling in the boyling pot, put in some Vinegar and Salt, when they are boiled very tender, take them off, let them stand in the same liquor two or three dayes, then put them into soucing drink, and serve it with Mustard and Sugar.

To souce Eeles.

Take two fair Eeles and fley them, cut them down the back, and take out the bones, and take good store of Parsly, Thyme, and sweet Majoram, mince them small, season them with Nutmeg, Ginger, Pepper, and Salt, strew your Hearbs in the inside of your Eeles, then roul them up like a
Coller

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Coller of Brawn, put them into a cloth, and boil them tender with Salt and Vinegar, when they are boyled then take them up, let it be in the pickle two or three dayes, and then spend them.

To souce a Breast of Veal.

Take out the bones of a Breast of Veal, and lay it in water ten or twelve houres, then take all manner of sweet Hearbs, and mince them small, then take a Lemon, and cut it in thin slices, then lay it with your Hearbs in the inside of your Breast of Veal, then roul it up like a Col-ler, and bind it in a cloth, and boil it very tender, then put it into leucing drink and spend it.

To souce a Tench or Barbell.

First cut them down the back, then wash them, then put them a boyling with no more water than will cover them, when they boil, put in some Salt and Vinegar, scum it
very

very clean, when it is boyled enough take it up, and put it into a dish fit for the Fish then take out the bones, pour on as much liquor as will cover it, with grated Nutmeg, and pouders of Cinnamon, when it is cold serve it.

To souce a Fillet of Veal.

Take a fair Fillet of Veal, and lard it very thick, but take out the bones, season it with Nutmeg, Ginger, Pepper, and Salt, then roul it up hard, let your liquor be the one half white Wine, the other half Water, when your liquor boyleth put in your meat, with Salt, Vinegar, and the peel of a Lemon, then scum it very clean, let it boil until it be tender, then take it not up until it be cold, and souce it in the same liquor.

To marble Beef, Mutton, or Venison.

Stick any of these with Rosemary and Cloves, then roast it, being first joynted very well, then baste it often
with

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with Water and Salt, and when it is thoroughly roasted, take it up, and let it cool, then take Claret wine, & Vinegar, and as much Water, boil it with Rosemary, Bayes, good store of Pepper, Cloves, Salt, when it hath boyled an hour, take it off, and let it cool, then put your meat into a Vessel, and cover it with this liquor and Herbs, then stop it up close, the closer you stop it, the longer it will keep.

To marble Fish.

Take Flounders, Trouts, Smelts, or Salmons, Mulletts, Makrels, or any kind of shell Fish, wash them, and dry them with a cloth, then fry them with Sallade oil, or clarified Butter, fry them very crispe, then make your pickle with Claret Wine, and fair Water, some Rosemary and Thyme, wth Nutmegs cut in slices, and Pepper and Salt, when it hath boyled half an hour, take it off, and let it cool, then put your Fish into a vessel,
cover

cover it with liquor and spice, and stop it close.

To make a Tart of Wardens.

You must first bake your Wardens in a pot, then cut them in quarters and core them, then put them into your Tart, with Sugar, Cinnamon, and Ginger, then close up your Tart, and when it is almost baked doe it as your Warden Pie, scrape on Sugar, and serve it.

To make a Tart of green Pease.

Take green Pease and seeth them tender, then pour them out into a Cullender, season them with Saffron, Salt, and sweet Butter, and Sugar, then close it, then bake it almost an hour, then draw it forth, and ice it, put in a little Verjuyce, and shake it well, then scrape on Sugar, and serve it.

To make a Tart of Rice

Boil your Rice, and pour it into a Cullender, then season it with Cinnamon, Nutmeg, Ginger, Pepper,

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per, and Sugar, the yolks of three or four Eggs, then put it into your Tart with the juyce of an Orange, then close it, bake it, and ice it, scrape on Sugar, and serve it.

How to make a Tart of Medlers-

Take Medlers that are rotten, then scrape them, then set them upon a Chafingdish of coales, season them with the yolks of Eggs, Sugar, Cinnamon, and Ginger, let it boil well, and lay it on paste, scrape on Sugar, and serve it.

How to make a Tart of Cherries.

Take out the stones, and lay the Cherries into your Tart, with Sugar, Ginger, and Cinnamon, then close your Tart, bake it, and ice it, then make a sirrupe of Muscadine and Damask-water, and pour this into your Tart, scrape on Sugar, and serve it.

How to make a Tart of Strawberries,

Wash your Strawberries, and put them into your Tart, season them
with

with Sugar, Cinnamon, Ginger, and a little red Wine, then close it, and bake it half an hour, ice it, scrape on Sugar, and serve it.

How to make a Tart of Hips.

Take Hips, and cut them, and take out the seeds very clean, then wash them, season them with Sugar, Cinnamon, and Ginger, then close your Tart, bake it, ice it, scrape on Sugar, and serve it.

How to make a Pippin Tart.

Take fair Pippins and pare them, then cut them in quarters and core them, then stew them with Claret Wine, Cinnamon, and Ginger, let them stew half an hour, then pour them out into a Cullender, but break them not, when they are cold lay them one by one into the Tart, then lay on Sugar, bake it, ice it, scrape on Sugar, and serve it.

How

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How to scald Milk after the Western fashion.

When you bring your Milk from the Cow, strain it into an earthen pan, and let it stand two hours, then set it over the fire untill it begin to heave in the middle, then take it off, but jog it as little as you can, then put it in a room where it may cool, and no dust fall into it, this Milk or Cream you may keep two or three dayes.

How to make a Funket.

Take Ewes or Goats Milk, if you have neither of these, then take Cows Milk, and put it over the fire to warm, then put in a little Runnet to it, then pour it out into a dish, and let it cool, then strew on Cinnamon and Sugar, then take some of your aforesaid Cream and lay on it, scrape on Sugar, and serve it.

How to make Bonny Clutter.

Take Milk, and put it into a clean earthen pot, and put thereto Runnet,
let

let it stand two dayes, it will be all in a curd, then season it with some Sugar, Cinnamon, and Cream, then serve it, this is best in the hottest of the summer.

How to make a Whitepot.

Take a quart of Cream, and put it over the fire to boil, season it with Sugar, Nutmeg, Cinnamon, Sack, and Rose-water, the yolkes of seven or eight Eggs, beat your Eggs with Sack and Rose-water, then put it into your Cream, stir it that it curdle not, then pare two or three Pippins, core and quarter them, and boil them with a handful of Raisins of the Sun, boil them tender, and pour them into a Cullender, then cut some sippets very thin, and lay some of them in the bottome of the dish, and lay on half your Apples and Currans, then pour in half your Milk, then lay on more sippets, and the rest of your Apples and Raisins, then pour on the rest of your Milk, bake it, scrape on Sugar, and serve it.

Here

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How to make a Pudding in haste.

Take a pint of Milk, and put thereto a handful of Raisins of the Sun, and as much Currans, and a peice of Butter, then grate a Manchets, and a Nutmeg also, and put thereto a little Flower, when your Milk boileth put in your bread, let it boil a quarter of an hour, and put in a piece of Butter in the boyling of it; and stir it alwayes, then dish it up, pour on Butter, and serve it.

How to make a Pudding in a dish.

Take a quart of Cream, put thereto a pound of Beef suet minced small, put it to your Milk, season it with Nutmeg, Sugar, and Rose-water, and Cinnamon, then take some seven or eight Eggs, and beat them very well, then take a cast of Manchets, and grate them, and put unto it, then mingle these together well, then put it into a dish,

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dish, and bake it, when it is baked, scrape on sugar, then serve it.

To boil Cream.

Take a quart of Cream, and set it a boyling with Mace, whilest your cream is boyling, cut some thin sippets, then take seven or eight yolks of Eggs, beat them with Rosewater, and Sugar, and a little of your cream, when your cream boylech, take it off the fire, and put in your Eggs, and stirre it very fast that it curdle not, then put your sippets into the dish, pour in your cream and let it coole, when it is cold, scrape on sugar, and serve it.

To draw Butter.

Take your Butter and cut it into thin slices, put it into a dish, then put it upon the coals where it may melt leisurely, stir it often, & when it is melted put in two or three spoonfulls of Water, or Vinegar which you will, then stir and beat it until it be thick.

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Lady of Arundels Manchet.

Take a bushel of fine Wheat flower, twenty Eggs, three pound of fresh butter, then take as much Salt and Barne after the ordinary Manchet, temper it together with new Milk pretty hot, then let it lie the space of half an hour to rise, so you may work it up into bread, and bake it, let not your Oven be too hot.

To boyl Pigeons.

Boyle them in water and salt, take a handful of Parsley, as much Thyme stript, two spoontuls of Capers minced altogether, and boyle it in a pint of the same liquor a quarter of an hour, then put in two or three spoontuls of Verjuyce, two Eggs beaten, let it boyl a little; and put too a little Butter, when you have taken it off the fire, stirre this altogether, and pour it upon the Pigeons, with sippets round the dish.

A Florentine of Sweet-breads or Kidnies.

Parboyle three or four Kidnies, and mince them small, season them with Nutmeg, one stick of Cinnamon, beat as much Sugar as will sweeten it, and a penny loaf grated, and the Marrow of three bones in good pieces, and a quarter of a pound of Almond paste, a glass of Mailego Sack, two spoonfuls of Rosewater, a grain of musk, and one grain of Ambergriee, and a quarter of a pint of Cream, three or four Eggs, and mix it altogether, and make it up in puffed paste, and bake it three quarters of an hour.

A Porke Pie.

Boyle your leg of Pork, season it with Nutmeg, and Pepper, and Salt, bake it five hours in a high round Pie.

A Chicken Pie.

Scald and season your Chickens with Nutmegs, as much Sugar

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as Cinnamon, Pepper, and Salt, then put them into your Pie, then put three quarters of quartered Lettice, and six Dates quartered, and a handful of Gosberries, and half a sliced Lemon, and three or four branches of Barberries, and a little Butter, you may use to four Chickens three Marrow bones rouled in yolks of Eggs, and Ringo roots, and some preserved Lettice; make a caudle and put in when the Pie comes out of the oven, an hour and a half is enough to stand in the oven.

A Lamb Pie.

Take the same Ingredients you did for the Chicken Pie, onely leave out the Marrow, the Ringo roots, and the preserved Lettice, make your caudle of white Wine, Verjuyce, and Butter, put it in when your Pie comes out of the Oven.

Sauce for a Shoulder of Mutton.

Take a spoonful of Herbs, and as many Capers, half a pint of white Wine,

Wine, half a Nutmeg, and two Eggs, when it is boyled put a piece of butter to the gravy, when 'tis boyled, take it off, and put the butter.

A Lumber Pie.

Take three or four sweet-breads of Veal, parboyle and mince them very small, then take the curd of a quart of Milk, turned with three Eggs, and half a pound of Almond paste, and a penny loaf grated, mingle these together, then take a spoonfull of sweet Hearbs minced very small, also six ounces of Oringado and mince it, then season all this with a quartern of Sugar, and three Nutmegs, then take five Dates, and a quarter of a pint of Cream, four yolks of Eggs, three spoonfuls of Rosewater, three or four Marrow bones, mingle all this together, except the Marrow, then make it up in long boles about the bigness of an Egg, and in every bole put a good piece of Marrow, put these

into the Pie, then put in a quarter of a pound of butter, and half a sliced Lemon, then make a caudle of white Wine, Sugar and Verjuyce, put it in when you take your Pie out of the Oven, you may use a grain of Musk and Ambergriee.

An Oyster Pye.

Season your Oysters with Nutmegs, Pepper and Salt, and sweet Herbs, your Oysters being first thrown into scalding water and parboyled, season them, and put them into the Pie, put two or three blades of mace, and half a sliced Lemon, and the marrow of two bones rouled in the yolks of Eggs, and some butter, then let your Pie stand almost an hour in the Oven, then make a caudle of Verjuyce, Butter, and Sugar, put it into your Pie when you take it out of the Oven; you may use two Nutmegs to one quart of Oysters, and as much Pepper as the quantity of three Nutmegs, but lesse salt, and

and one Spoonful of sweet Hearbs.

A Hartechoak Pie.

Take the bottomes of boyled Hartechoaks, and quarter them, and take the meat from the leaves, season it with half an ounce of Cinnamon, & half an ounce of beaten Nutmegs, and two ounces of Sugar, and put them into your Pie, and boild marrow rouled in yolkes of Eggs, and six blades of large Mace, Lemon sliced, six quartered Dates, and a quarter of a pound of Ringo roots, half a pound of fresh butter, then let it stand in the Oven one hour, and when you take it out put a caudle into your Pie, made of white Wine, Sugar, and Verjuyce.

A Calves-foot Pie.

Mince your Calves feet very small, then season them with two Nutmegs, and three quarters of an ounce of Cinnamon, one quarter of a pound of Sugar, half a pound of Currans, two Lemon peels minced,

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ten dates minced, three spoonfulls of Rosewater, and half a pound of fresh butter, bake it an hour, and put a caudle into it, made of white Wine, Sugar, and Verjuyce.

A Skerret Pie.

Take a quarter of a peck of Skerrets blanched, and sliced, season them with three Nutmegs, and an ounce of Cinnamon, & three ounces of Sugar, and ten quartered Dates, and the marrow of three bones rouled in yolks of Eggs, and one quarter of a pound of Ringo roots, and preserved Lettice, a sliced Lemon, four blades of Mace, three or four branches of preserved Barberries, and half a pound of Butter, then let it stand one hour in the Oven, then put a caudle made of white Wine, Verjuyce, Butter and Sugar, put it into the Pie when it comes out of the Oven.

A Calves-Head Pie for Supper.

Boyle your Calves head almost enough, cut it in thin slices all from the

the bone, season it with three beaten Nutmegs, a quarter of an ounce of Pepper, and as much Salt as there is seasoning, then take a spoonful of sweet Hearbs minced small, and two spoonfuls of Sugar, and two or three Hartechoak bot-
tomes boyled, and cut them in thin slices, and the Marrow of two bones rowled in yolkes of Egges, a quarter of a pound of Ringo roots, and a quarter of a pound of Currans, then put it into your Pie, and put a quarter of a pound of butter, and a sliced Lemon three or four blades of Mace, three or four quartered Dates, let it stand an hour or more in the Oven, then when you take it out, put into it a candle, made of Sugar, white Wine, Verjuyce and Butter.

A Lark Pic.

Take three dozen of Larks, season them with four Nutmegs, and half an ounce of Pepper, a quarter of an ounce of Mace beaten, then

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take

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take the Lumber Pie meat, and fill their bellies if you will, if not, take half a pound of Suet, and one pound of Mutton minced, half a pound of Raisins of the Sun, and six Apples minced altogether very small, then season it with a Nutmeg, Pepper, and Salt, and one spoonful of sweet Herbs, and a Lemon peel minced, one penny loaf grated, a quarter of a Pint of Cream, two or three spoonfuls of Rosewater, three spoonful of Sugar, one or two spoonfuls of Verjuice, then make this in boles, and put it into their bellies, and put your Larks in your Pie, then put your marrow rould in yolkes of Eggs upon the Larks, and large mace, and sliced Lemon, and fresh Butter, let it stand in the oven an hour, when you take it out, make your candle of Butter, Sugar, and white Wine Vinegar, put it into the Pie.

A hot Neats tongue for Supper.

Boil your tongue till it be tender, blanch it, and cut it in thin pieces, season it with a Nutmeg, and a quarter of an ounce of Pepper, and as much Salt as seasoning, then take six ounces of Currans, season all together, and put it into the Pie, then put a Lemon sliced and Dates, and butter, then bake it, and let it stand one hour and a half, then make a caudle of white Wine, and Verjuice, Sugar, and Eggs, & put it in when you take it out of the Oven.

A cold Neats tongue Pie.

Your tongue being boild, blanched, and larded with Pork or Bacon season it with the same ingredients the Deer hath, that is three Nutmegs, three races of Ginger, half an ounce of Cloves and Mace together, and half an ounce of pepper, beat your spices altogether, more salt then seasoning, and likewise lay

in the liquor, bake it two hours, but put one pound of butter in your pie before you lid it.

A Potato Pie for Supper.

Take three pound of boyled and blanched Potatoes, and three Nutmegs, and half an ounce of Cinnamon beaten together, and three ounces of Sugar, season your Potatoes, and put them in your pie, then take the marrow of three bones rouled in yolks of Egges, and sliced Lemon, and large Mace and half a pound of butter, six Dates quartered, put this into your pie, and let it stand an hour in the Oven; then make a sharp caudle of Butter, Sugar, Verjuyce and white Wine, put it in when you take your pie out of the oven.

Pigeon or Rabbet Pie.

Take one ounce of Pepper and more Salt, then season your Pigeons or Rabbits, and take two Nutmegs grated with your seasoning, then lap your Rabbet in the Pie, and one pound

pound of butter, if you heat the pie hot, then put in two or three slices of Lemon, and two or three blades of Mace, and as many branches of Barberries, and a good piece of fresh butter melted, then take it, and let it stand an hour and half, but put not in the fresh butter till it comes out of the oven.

To make a puffle-Paste.

Break two Eggs in three pints of flower, make it with cold water, then roul it out pretty thick and square, then take so much butter as paste, and lay it in rank, and divide your butter in five pieces, that you may lay it on at five severall times, roul your paste very broad, and take one part of the same butter in little pieces all over your past, then throw a handfull of flower slightly on, then fold up your paste and beat it with a rouling pin, so roul it out again, thus do five times and make it up.

A Pud-

A Pudding.

Take a quart of Cream, and two Eggs, beat them, and strain them into the Cream, and grate in a Nutmeg and half, take six spoonfuls of flower, beat half a pound of Almonds with some Cream, and put it into the Cream, and mix this together, boil your Pudding an hour and no more; first flower the bag you put it in, then melt fresh Butter, and take Sugar and Rose-water, beat it thick, and pour it on the Pudding, you may put to a little Milk, and stick blanch'd Almonds, and Waters in it; add to the same Pudding, if you will, a penny loaf grated, a quartern of Sugar, two Marrow-bones, one glasse of Mallago Sack, six Dates minced, a grain of Ambergreice, a grain of Musk, two or three spoonfuls of Rose water, bake this Pudding in little wood dishes, but first butter them, your Marrow must be stuck to and again, bake them half an hour, five or seven at a time, and

and so set them in order in the dish, and garnish them with a sprig in the middle, and wafers about it, strew Sugar about the branch, and sliced Lemon, set four round, and one in the top.

Frigasie of Veal.

Cut your meat in thin slices, beat it well with a rouling pin, season it with Nutmeg, Lemon, and Thyme, fry it slightly in the pan, beat two Eggs, and one spoonful of Verjuice, and put it into the pan, and stir it together, and dish it.

Frigasie of Lamb.

Cut your Lamb in thin slices, season it with Nutmeg, Pepper, and Salt, mince some Thyme, and Lemon, and throw it upon your meat, then fry it slightly in a pan, then throw in two Eggs beaten in Verjuice and Sugar into the pan, also a handful of Goosberries, shake it together, and dish it.

Frigasie of Chickens.

Kill your Chickens, pull skin and
feathers.

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feathers off together, cut them in thin slices, season them with Thyme and Lemon minced, Nutmeg and Salt, a handful of Sorrel minced, and then fry it well with six spoonfuls of water, and some fresh butter, when its tender, take three spoonfuls of Verjuice, one spoonful of Sugar, beat it together, so dish it with sippets about.

Another Frigafie of Chickens.

Take the former ingredients, and add to it boiled Hartechoak bottoms, with the meat of the leaves, and a handful of scalded Goosberries, and boiled Skerrets, and Lettice tofs'd in Butter, when they are boiled add two spoonfuls of Sugar, two Eggs, and Verjuice beaten together, and lay your Lettice upon your Chickens, as before, and sliced Lemon upon it, and sippets upon the dish.

A Frigafie of Rabbits.

Cut your Rabbits in small pieces, and mince a handful of Thyme
and

and Parsley together, and a Nutmeg, Pepper and Salt, season your Rabbits, then take two Eggs, and Verjuice beaten together, and throw it in the pan, stick it, and dish it up in sippets.

To harsh a shoulder of Mutton.

Half roast you Mutton at a quick fire, cut it in thin slices, stew it with Gravy, sweet Majoram, and Capers, and Onyons, three Anchovies, two Oysters, half a Nutmeg half a sliced Lemon, stir this altogether with the meat, let it stew till it be tender in a dish, then break three or four yolkes of Eggs, and throw it in the dish with some butter, and roste it well together, and dish it wth sippets.

To make a Cake.

Take half a peck of Flower, two pound and a half of Currans, three or four Nutmegs, one pound of Almond paste, two pound of Butter, and one pint of Cream, three spoon-fals of Rose-water, three quarters of a pound of Sugar, half a pint of Sack

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Sack, a quarter of a pint of Yest, and six Eggs, so make it, and bake it.

To make a Leg of Mutton three or four dishes.

Take a Leg of Mutton, cut out the flesh and the bone, but save the skin whole, divide the meat in three peeces, and take the tenderest, and cut it in thin slices, and beat it with a rouling pin, season it with Nutmeg, Pepper and Salt, and mince Thyme and Lemon pill, fry it till it be tender, then beat two Eggs with a spoonful of Verjuyce, throw two Anchovies into the pan, shake it altogether, and put it into the dish with sippets round the dish, being drest with Barberries scalded, Parsley and hard Eggs minced.

Another part of the same meat stew in a dish with a little white Wine, a little Butter, and sliced Lemon, one Anchovy two Oysters, two blades of Mace, a little Thyme in a branch, and one whole Onion, take

out the Thyme and the Onion when it is stewed, doe it altogether on a chafingdish of coales till it be tender, then dish it, garnish your dish with hard Eggs, and Barberries, and sliced Lemon, and sippets round the dish.

Take another part of the same meat, mince it small with Beef suet, and a handfull of Sage, to three quarters of a pound of Suet add one pound of meat, you may use a spoonful of Pepper and Salt, mix this altogether, and stuffe the skin of the Leg of Mutton, hard skiver it close, and spit it at a quick fire, and well roast it in an hour.

Take another part of the same meat, then put in the Pepper and Salt, with a grated Nutmeg, some sweet Hearbs, and a Lemon peel minced, a penny loaf grated, one spoonful of Sugar, a quarter of a pound of Raisins, and a quarter of Currans, mince altogether with the meat, and the suet, and the rest of the
ingre-

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ingredients, put to two spoonfuls of Rose-water, and as much Salt as Spice, then make it up in little long boles or roulds, and butter your dish, and lay them in with a round bole in the midst, set them in an oven half an hour, then pour out the liquor which will be in the dish, and melt a little Butter, Verjuyce, and Sugar, and pour upon it, garnish your dish, stick in every long roul a floure of paste, and a branch in the middle.

To souce an Ecle.

Scoure your Ecle with a handful of Salt, split it down the back, take out the chine bone, season the Ecle with Nutmeg, Pepper, and Salt, and sweet Hearbs minced, then lay a packthread at each end, and the middle roul up like a Coller of Brawn, then boil it in Water, and Salt, and Vinegar, and a blade or two of Mace, and halt a sliced Lemon, boil it half an hour, keep it in the same liquor

liquor two or three dayes, then cut it out in round peices, and lay six or seven in a dish, with Parsley and Barberries, and serve it with Vinegar in saucers.

To souce a Calves head.

Boil your Calves head in Water and Salt so much as will cover it, then put in half a pint of Vinegar, a branch of sweet Hearbs, a sliced Lemon, and half a pint of white Wine, two or three blades of Mace, and one ounce or two of Ginger sliced, boil it altogether till it be tender, keep it in the liquor two or three daies, serve it in a dish upright, and stick a branch in the mouth, and in both the eyes, garnish the dish with Jelly or pickled Cowcumbers, with saucers of Vinegar, and Jelly, and Lemon minced.

A stewed Rabbet.

Cut your Rabbet in pieces, and season it with Pepper, Salt, Thyme, Parsley, winter Savoury, and sweet Majoram, three Apples, and three Onions

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Onions minced altogether, st. w it till it be tender, with Vinegar and Water, put a good peice of Butter in, stir it together in your dish, put sippers in the bottom, then serve it up with the head in the middle of the dish with sippers in the mouth.

Lay your Pig in the same ingredients you did for your Calves head, use the same for a Capon, and the same for a Leg of Mutton.

To boil Chickens.

Boil your Chickens in Water, and Salt, and Wine Vinegar, a blade of Mace, a good handiul of Endive, and as much Succory, two handfuls of Skerrets boiled and blanched, when the Chickens and these things are stewed, take a pint of liquor up, and put to a quarter of white Wine, and one ounce and half of Sugar, and three Eggs to thicken it, a peice of Butter, and lay them in the dish, and pour it on.

To

To boil a Rabbet.

Boil it in Water and Salt, mince
Thyme and Parsly together a hand-
ful of each, boil it in some of the
same liquor, then take three or four
Spoonfuls of Verjuice, a piece of I-
rish butter, two or three Eggs, stir
the Eggs together in the liquor, set it
upon the fire till it be thick, then
pour it upon the Rabbet, so serve it

To boil a Duck.

Half roast your Duck with a
quick fire, take as much Wine and
Water as will cover them, take some
Thyme and Parsly, and one handful
of Sweet Majoram, two blades of
Gall, half a Lemon sliced, stew these
together half an hour without Oni-
ons, take some of your liquor and
thicken it with three or four Eggs,
two or three Spoonfuls of Verjuice,
a piece of Butter, and as much Su-
gar as will lie upon it, dish your
Duck, and boil three or four slices
of Lemon by it self, and hard
Eggs

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Eggs minced, put this upon your Duck, then pour your liquour upon it with Barberies, so you may boil Pigeons with the same Ingredients, or Plover, or Teale.

A roasted Shoulder of Mutton.

When it is roasted; slash it, and carbonado it, take two spoonfuls of Capers, and a little Thyme, and Lemon minced, half a Nutmeg, two Anchovies, a quarter of a peck of Oysters, mixed altogether, boil them one hour in strong broth and white Wine, then pour it upon the meat, with hard Eggs minced, and sippets round the dish, throw first Salt on the meat, then the hard Eggs, and sliced Lemon, and Barberies.

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